



Examining Intervention Practices

Often service providers with even the best intentions have difficulty designing interventions that are both routines-based and family-guided. Carefully read the following intervention practices. What is missing from each of these examples? How would you change these practices to make them family-guided and routines-based?

1. Audry, a physical therapist, recommends five sets of different range of motion exercises to be completed during each diaper change at home and at the child care center. What could Audry do differently?

2. As Jodi, Tara’s mom, washes dishes, Connie, the early interventionist, explains and demonstrates how family members can support Tara’s sitting while she is watching television in the evenings. How could this situation be improved?

3. Sara, Andrew’s occupational therapist, has many ideas for targeting outcomes during the meal time routine. Sara shares the ideas with Andrew’s mom at his clinic sessions, but grandmother usually prepares the meals and feeds Andrew. What’s missing from the interaction? How could the intervention be more responsive to the family?

4. Teresa, Taylor’s mom, is systematic in accomplishing daily chores, has a neatly organized home, and is fairly directive in her interaction style with Taylor. During the initial home visit, Mike, a speech-language pathologist, suggests that Teresa use more open ended questions and arrange toys on shelves in the family room to promote communication initiations from Taylor. Do these practices reflect a family-guided, routines-based approach? Why or why not? What else should be considered?

5. Due to Mia’s sensory defensiveness, bath time is often quick with the hygiene outcomes being met as efficiently as possible. The speech-language pathologist gives many examples for enhancing communication development and providing choices during bath time while mom listens quietly. On another visit, the early interventionist suggests bath time as a good opportunity to play with toys putting things “in” and “out”, dumping, and pouring. The PT would like Michele to complete some stretches and flexes while the OT recommends using cloth of different textures. Michele smiles at each provider who makes recommendations. Is this intervention recommendation family-guided and routines-based? Why or why not? What should be done?

6. Chris’s parents have requested that his center-based and home-based programs be coordinated so the routines and intervention strategies are consistent. At home, Chris practices walking with his walker before activities and uses the tips of his fingers and thumb to pick up small objects during toy play and food during snack and meals. Chris needs assistance to complete activities successfully. His daycare teacher advocates for a very child directed play approach and does not believe in adult direction. She wants him pulled out to receive special services because she doesn’t have time to work with him individually in every routine. Is it routines based? For whom? What can be done here?
