



## Tele-Intervention for Early Intervention: Session Guidance

### At the beginning:

Remind families that there are real advantages to tele-intervention. Research shows that hands-on practice with provider feedback is the best way to learn and tele-intervention ensures that families will be getting the practice they need!

If you are new to tele-intervention, let the family know that you will be working to hone your virtual coaching skills and that you and the family can learn together.



The good news is that using the Family Guided Routines Based Intervention Model (FGRBI) works in virtually as well as in homes. Follow the SS-OO-PP-RR for a great session.

**SS-Setting the Stage**

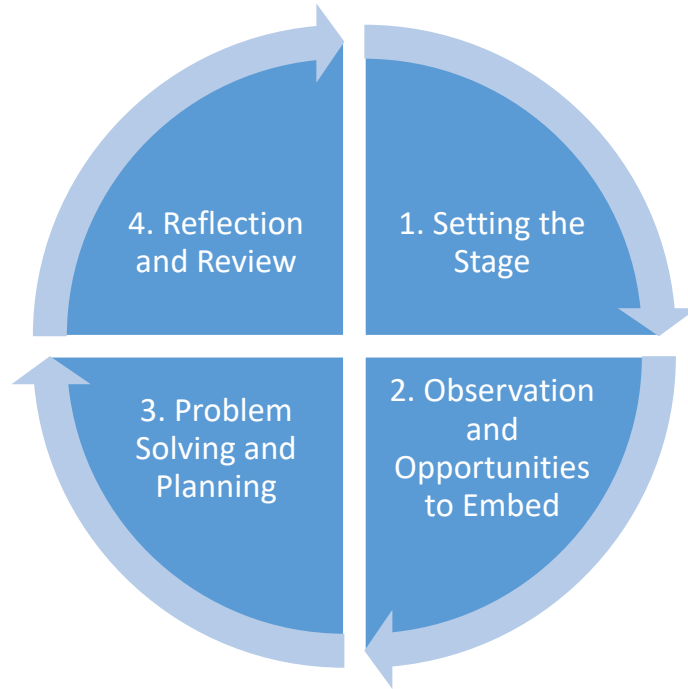
**OO-Observation and Opportunities to Embed**

**PP-Problem-Solving and Planning**

**RR-Reflection and Review**

Take care of any technical questions/challenges and consider the following session break-down (*times are estimates only, you may spend more or less time in certain areas and you may not always address them in this order*):

30 minute session:	60 minute session:
5-10 minutes: Setting the Stage	10-15 minutes: Setting the Stage
10-15 minutes: Observation and Opportunities to Embed	15-20 minutes: Observation and Opportunities to Embed
10-15 minutes: Problem-Solving and Planning	15-20 minutes: Problem-Solving and Planning
5-10 minutes: Reflection and Review	10-15 minutes: Reflection and Review



## 1. Setting the Stage:

Check-ins are important! Don't be afraid to spend some time here; ask lots of questions about what the family was able to do since the last session. What worked? What got in the way? Use this time to reconnect with the family. Provide comfort and support, as needed. Use the information from your "setting the stage" conversation to decide what to focus on during the current session!



### Sample check-in questions:

- Tell me how it's going...
- Tell me more
- What seems to be working well/not well?
- Have your priorities as a family changed at all this week?
- Does your family have any needs during this time?

## 2. Observation and Opportunities to Embed

This part of the session you may find yourself being quieter. You are watching the family interacting with one another in their typical routines. You may ask questions or provide feedback during this time. You may want to know “What happens when?” or “What did you do to help Jose learn that?” or “What do you think got in the way of that working?” This is the time that you’ll build on what the caregiver is already doing and address any concerns the caregiver raises.

## 3. Problem-Solving and Planning

Ask the following questions:

- What has been working?
- What do you want to try next?
- When do you want to try it? Could it be added to a new routine?
- Do you have a new goal to work toward?

Keep this conversation “right size” for the family. Some families may have the capacity and drive to think big here and others may have a lot on their plate and need small steps.



## 4. Reflection and Review

- Talk about what worked during the visit
- Talk about what you and the family may want to target next time
- Get specific about what the family wants to practice between this session and the next one (what will they do, what routines will they use)
- Talk about how to stay connected until next session (e.g., text, shared video, notebook)

For more information on the SS-OO-PP-RR, visit: <http://fgrbi.com/what-is-fgrbi/>