

Indiana First Steps

Traditional Therapy Compared to Family Guided Routines-Based Intervention

Traditional Therapy

Starting Session: Provider plays with child using toys that are brought into the home and chats with caregiver about updates since last visit.

Doing Therapy: Provider works on goals with the child using provider's toys and materials while caregiver observes.

Session Review: Provider gives a session review to caregiver. Provider makes suggestions and demonstrates ways for caregiver to help child practice new skills.

Home Program: Provider leaves caregiver with home program to practice before next session.

FGRBI

Setting the Stage: Caregiver and provider review what has happened since last visit, discuss what has or hasn't worked, and plan for the visit based on caregiver priorities.

Observation and Opportunities to Embed: Provider observes child and caregiver interacting in family identified routine and provide coaching to build on existing strengths and skills.

Problem Solving and Planning: Caregiver and provider exchange ideas to make decision and plan for ways to practice new skills in family routines.

Reflection and Review: Caregiver and provider discuss what happened during session and develop a plan for what caregiver will do to practice skills in between visits.