



WHAT IS PARENT COACHING?

Presented by Mary McKenna

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WHAT IS PARENT COACHING?

“Coaching is a learner driven process facilitated by a coach's encouragement and use of his or her knowledge and skills to promote a learner's understanding and use of newly acquired knowledge and skills”.

(GALLACHER, 1997, AS CITED IN TRIVETTE, DUNST, HAMBY, & O'HERIN, 2009, P. 2).

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How Do You Currently Support Families?

- How are you interacting with the child?
- How are you creating the goals?
- How are you supporting families to use strategies at home?

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Parent Training vs Parent Coaching

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|--|---|
| <ul style="list-style-type: none"> • EIP is the expert • EIP identifies the priorities/goals • EIP models what to do • Family context is overlooked • EIP explains or "talks at" parent | <ul style="list-style-type: none"> • Coach is an equal partner • Parent identifies the priorities/goals • Coach supports the parent in practicing new skills • Family context is primary • Coach listens and engages in a conversation with the parent |
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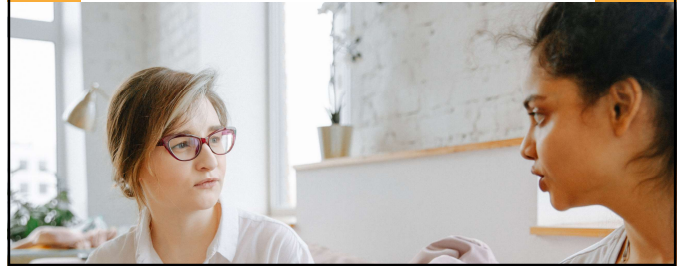
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Road Map



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Collaborative Partnership



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Family-Centered Practice

1. Family as the unit of attention
2. Family choice
3. Family strengths
4. Family-professional relationship
5. Individualized family services

Epley, Summers, Turnbull 2010

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CanChild's Definition of Family-Centered Service



Family-centred service is made up of a set of values, attitudes, and approaches to services for children with special needs and their families. Family-centred service recognizes that **each family is unique**; that the family is the **constant in the child's life**; and that they are the **experts on the child's abilities and needs**. The family works with service providers to make informed decisions about the services and supports the child and family receive. In family-centred service, the strengths and needs of all family members are considered.

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WHAT IS PARENT COACHING?

“Coaching can be defined as a collaborative helping relationship, **where the coach and [parent] engage in a systematic process** of setting goals and developing solutions with the aim of facilitating goal attainments, self-directed learning, and personal growth of the [parent].

(Grant, 2013, from the Early Childhood Coaching Handbook, 2nd edition, p. 3)

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Elements of Parent Coaching



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Coaching Conversations

- Create opportunities for informal dialogue.
- Acknowledge family strengths and competencies.
- Solicit parent's opinions and ideas.
- Seek understanding.
- Demonstrate caring for the entire family.
- Acknowledge and respond to the feelings and emotions of the family.

From: Working with Families of Young Children with Special Needs, McWilliam (2010)



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Coaching Process



From: The Early Childhood Coaching Handbook by Rush and Sheldon.

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Coaching Content

Skills and strategies
the coach supports
the parent in learning.

How to encourage joint engagement

Here are five things you can do to encourage joint engagement and create opportunities for your child to learn:

1. **Observe your child**
Pay close attention to see what your child is interested in. This way, you can focus your attention on the same thing to draw her into sharing the interest.
2. **Join in**
Get down to your child's level so he can see your face and gestures better.
• Start away from your child's activity and approach him. When talking or singing, join in the fun, if it's building with blocks, start building something of your own.
• Get your own toy. It's important not to take your child's toy away from him, so make sure you have your own top of all things to get it with.
3. **Imitate your child's actions**
• If your child has been busy with your child, a good idea is to copy whatever he's doing or doing. This is sure to get his attention.
• Sometimes, when seeing your child taking back and forth together as a way to keep the interaction going.
4. **Keep following your child's lead**
• Encourage your child to take turns by passing and adding what you're doing in. When you wait expectantly, you send your child a message that it's his turn to use or do something.
• Respond right away to whatever your child says or does.
5. **Have fun!**
When you join in play, it's more likely that your child will enjoy himself and want to keep the interaction going, creating more opportunities for joint engagement and learning.



Coaching Fidelity



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Fidelity Measures

- Coach Fidelity
- Parent Fidelity
- Child Data



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Can one hour per week of therapy lead to lasting changes in young children with Autism?

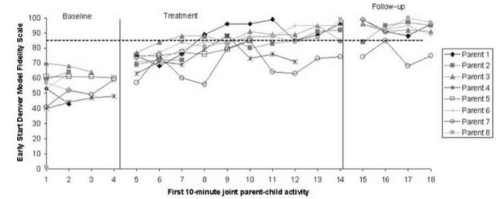
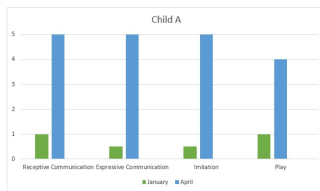


Figure 1 Parents' acquisition of Early Start Denver Model treatment techniques across parent-child play activities

From: Vismar, Colombi, & Rogers (2009)

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Child Data



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Model of Parent Coaching



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Learn More About Parent Coaching



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