

Early On® Center for Higher Education

WEB EVENT
March 26, 2018



Logistics

Speaker and Microphone



Questions and Comments



Caregiver Coaching Experiences of Early Interventionists in Michigan

Sarah N. Douglas, PhD
Collaborator: Hedda Meadan, PhD



Caregiver Coaching



- EI providers are expected to engage in family centered practices.
- One recommended family centered practice is caregiver coaching.
- Coaching includes complex skills that EI providers must implement.

(DEC, 2014; Dunst, Trivette, & Deal, 2011; Rush & Sheldon, 2011)



Coaching skills needed by EI providers

- Identify goals with caregivers
- Develop plan with caregivers to reach goals
- Demonstrate skills for caregiver
- Observe the caregiver implementing skills with the child
- Support caregiver reflection on their implementation of skills
- Provide supportive feedback to caregiver about their performance

(Rush & Sheldon, 2011)



Research Questions

- What coaching practices do EI providers report engaging in with caregivers?
- Do EI provider perceptions of caregiver coaching align with their reported practices during home visits?
- What benefits do EI providers note from coaching caregivers?
- What barriers do EI providers face when coaching caregivers?
- What recommendations for preparation do EI providers have related to caregiver coaching?



Results: Coaching Practices - Reflection

- Challenges with reflection
 - [Reflection is]“hard for me! I am better at praising their skills than I am at getting them to reflect on what they’ve just done.”
- Use of questions to promote reflection
 - “What’s new or different for your child? Are there any new words or gestures?”
 - “How does this work for you? How does it feel? Do we need to come up with a different way?”



Results: Benefits of Caregiver Coaching

- Caregiver Benefits
 - Gain new skills & competence
 - Empowers caregivers
 - [Coaching] “empower[s] parents to be the teacher.”
- Child benefits
 - Develop new skills more quickly
 - “If the parent can learn a strategy...and apply it to that kid’s daily life...that’s going to affect that kid so much more.”
- EI provider benefits
 - Helps parents become invested which makes provider job easier
 - Learn from caregivers
 - “I learn every time I’m there in a home and I’ve been doing this for almost 36 years. ”



Results: Barriers to Caregiver Coaching

- Difficulty getting parents engaged
- Parent characteristics (cognitive, mental health, language)
 - “Language is a definite barrier. We have a lot of families that don’t speak English and even though we have interpreters, some things are lost in translation.”
- Logistical challenges and time constraints
 - Not enough time with caregivers
 - Meeting with person other than primary caregiver.



Results:

Preparation for Caregiver Coaching

- Current pre-service and in-service training is insufficient
 - “I think it’s a good start, I don’t know if it’s enough support, truly it would be great if we could have some peer or supervisor processing or mentoring.”
- Reliance on real life experiences
 - “my personal [life experience with disability] was indescribably beneficial and provided an understanding that can’t be taught in any classroom or program.”
- Reliance on self-instruction
 - “learned pretty much just on my own”



Results:

Suggestions for EI providers

- Gain knowledge of current research
 - Be familiar with the developmental levels at the age range...what’s typical, what’s not typical.”
- Obtain formal training in coaching strategies
- Gain real world experience before working on your own
 - “if you have not tried the strategies yourself, seen children be successful, you don’t know what to tell parents to do...you have to have some base to be able to go into a home and coach a parent.”
- Develop skills to support interactions with caregivers, including caregivers with special challenges (socio-economic challenges, mental health)
 - “a helpful program...teaches a service provider to listen to, respect, and communicate with the caregiver.”
- Become comfortable with self-reflection



Take Home Messages

- Coaching benefits parents, children, and EI providers
- Prepare caregivers for coaching
- Need improved preparation at both pre-service and in-service level
- EI providers need more support for observation and reflection
- EI providers need more support to help parents who are not engaged
- EI providers need more support to work with parents who have specific characteristics
- EI providers need support to manage logistical and time constraints



Questions?

- How do these findings add to existing research?
- What more should be explored within the research based on these findings
- What pre-service and in-service practices can we adjust to improve caregiver coaching?
- Questions about the study?
- Other thoughts



NEXT *Early On*
Center Advisory
Group Meeting

COMING
SOON!



Friday, April 27, 2018
1:15 – 2:20 pm

Faculty
Resources



- Instructional Resources
- Early Intervention
- Future Early Interventionists
- Sharing Our Stories
- Faculty Grant
- E-Mail Archive
- Listserv



<http://earlyoncenter.org/>
<https://www.facebook.com/EarlyOnCenter/>
