

Components of Coaching



Joint Planning

- Review the goals on the IFSP at each visit to learn about progress or setbacks
- Ask what has happened since the last visit.
- Assess priorities together.
- Decide which routines to target next.
- At end of visit: discuss what the family will focus on before the next visit and what the family would like to work on next



Observation

- Watch the child to see what skills he is using.
- Watch the caregiver engage the child in activities they have already been doing.
- Ask the caregiver to show you the challenges he/she is having in a specific activity or setting.
- Always observe what is already happening before you offer suggestions.



Action/Practice

- Suggest strategies for the caregiver to try.
- Intentionally model the strategies if needed.
- Ask the caregiver to demonstrate the strategies within the selected routine/activity.
- Discuss other activity settings that could benefit from implementing skills/strategies.
- Ask caregiver what actions/strategies they might try to achieve the stated goal



Feedback

- Tell the caregiver things you see he/she is doing well.
- Discuss things that might need changing and why.
- Verbalize to the caregiver things you see the child doing he/she may not have picked up on.
- State how the child reacts to the caregiver using a strategy.



Reflection

- Ask the caregiver how he/she thinks different activities are going throughout the session.
- Ask what he/she would like to do differently.
- Discuss things that are important for the caregiver to continue doing.
- Ask about the caregiver's concerns.