



## 5 Tips to Help Parents Make the MOST of Early Intervention Services

Early intervention services are extremely beneficial for families of children who are experiencing developmental delays. Using these 5 important tips will help make the services that you are receiving pack even more of a punch!

### Ask questions

The therapist assigned to you and your child SHOULD frequently demonstrate strategies for you to use at home to help your child learn new skills. Don't be afraid to ask questions if there is something that you've been shown that you don't understand or you feel like you are not learning things that will help you to promote your child's development.

Participation is **KEY**

EI services are a team effort; though the therapist is an expert in their field, YOU are an expert on your own child. Fully participating in each session and giving the therapist input about your child's personality and what motivates him or her will help the therapist create strategies and approaches that will work best for your child as an individual.

### Maintain consistency

Keeping up with regular sessions as well as consistently using strategies that have been recommended by your therapist will help your child move towards achieving their goals that much faster.

### Be patient

We all know that change takes time and when it comes to your child's development there is no difference. Allow time for the strategies to work without putting too much pressure on yourself or your child, it will happen!

### It's all about play

Studies show that children between the ages of birth and 5 learn the most through play. So, incorporating new skills within play or routines that happen regularly (like bathing, dressing and eating) provide the most impactful opportunities for learning.

