

## Using the Parent Workbook in an Approved, Adapted ITTT Program



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This is what Kelly had to say about using the Parent Workbook in an approved, adapted *It Takes Two to Talk* Program:

This past spring I participated in a Hanen e-seminar about the *It Takes Two to Talk* Parent Workbook. During that seminar, many new ideas were put forward about how to use the workbook with families. Afterwards, a co-worker told me that she was noticing a large gap in her toddler groups between parents who had already had a Hanen program and those who had not. We put our heads together, applied to Hanen for approval for an adapted *It Takes Two to Talk* program and voila, our *It Takes Two to Talk* adapted program was born!

### **Our adapted *It Takes Two to Talk* program includes the following components:**

- A.** A pre-program consultation with each family.
- B.** 4 group, parent-only training sessions based on the content from the first 4 sessions of the full, *It Takes Two to Talk* program.
- C.** 2 individual video feedback sessions with each family.
- D.** 3 parent-child group coaching sessions in which all the parents come with their children and have an opportunity to further practice the strategies with their child while receiving ‘online coaching’.

Here is a sample schedule of our adapted program:

|  |                  |
|--|------------------|
| Pre-program consultation                       | Parent and Child |
| <b>Session 1</b> “Build Interaction”           | Parents only     |
| <b>Session 2</b> “Follow your child’s lead”    | Parents only     |
| <b>Individual Coaching</b> with Video Feedback | Parent and Child |

|  |                                |
|--|--------------------------------|
| <b>Group Coaching Session</b>                  | All Parents and their Children |
| <b>Session 3</b> “Turns”                       | Parents only                   |
| <b>Individual Coaching</b> with Video Feedback | Parent and Child               |
| <b>Group Coaching Session</b>                  | All Parents and their Children |
| <b>Session 4</b> “Add Language”                | Parents only                   |
| <b>Group Coaching Session</b>                  | All Parents and their Children |

By using this structure, the parents were able to first learn the strategies with other parents in the group sessions and go home and try them out with their child. Then, by coming to the video feedback sessions they were able to ‘see’ themselves applying the strategies during interactions with their child and, with our help, make modifications that would support their child to achieve specific communication goals. Parents then received additional practice and ‘online’ coaching when they came to the group coaching sessions.

The *It Takes Two to Talk* parent workbook is an integral part of this program. It is used in all of the different contexts. During the parent-only evening sessions, parents are able to individualize the information that is provided by completing questionnaires and checklists about their child in their workbooks. Then, they make a home plan filled with strategies for encouraging interaction and language in activities that their child likes to do at home.

When the parents come to the individual coaching sessions, the workbook serves as a great tool to review and decide on what will be video-taped that day. It also gives us a great framework for talking about things like play, pretending, sharing books, and music (these things are not formally talked about in the adapted program, but are covered in the workbook). Finally, the parents use their workbooks to come up with a plan of what they will work on during the upcoming group coaching session.

The parents rated the workbook among the highest in terms of all the elements in the program. They liked being able to work through it during the evening sessions and then have it to quickly review at home. They also liked that it provided a “one stop shop” for ideas, helpful hints, activities and goals. They knew that a quick look through (even in midst of an activity with their child) could provide the information they needed at the moment.

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Parents felt that, through the workbook, they were really able to learn more about their children – their communication, play and interaction style, as well as the strategies that worked the best for them!