



Parent's Guide on Early Intervention

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 - What lies ahead: Things you should look out for
-

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- Parent support group: Caregivers supporting caregivers
- Available resources from SG Enable



Going Beyond Intervention...Acceptance & Embrace

- Focus on what the child can do – recognise & nurture their talent:
 - Stephen Hawking (physicist)
 - Jamie Brewer (actress)
 - Anthony Hopkins (actor)
 - Satoshi Tajiri (Pokemon creator)
 - Glenn Gould (master pianist)
 - Temple Grandin (professor of animal science)
- Diagnosis – it is not a “label”
- Build support system within family (siblings, grandparents etc.)
- Me & Child, not Me vs Child



Part 1: Early Intervention



A Child's Development: An Overview

A child's developmental progress is typically tracked by **developmental milestones**.

There are **5 main areas** of development:

- Cognitive Development
- Social & Emotional Development
- Speech & Language Development
- Fine Motor Skills Development
- Gross Motor Skills Development



Example of health booklet
(e-version available on HealthHub)

Examples of Milestones for Toddlers (2 years old)

Social & Emotional

- Imitates others' actions
- Shows defiance
- Excited to be around other children

Cognitive

- Begins to sort shapes and colours
- Plays simple make-believe games
- Follows simple instructions

Milestones

Speech & Language

- Says 2-4 word sentences
- Points to things/objects when they are named
- Repeats words that are overheard

Physical

- Begins running
- Copies straight lines/circles
- Can kick/throw a ball

Role of Early Intervention in a Child's Development

Early Intervention (EI):

- Likely to be more effective when provided earlier in life rather than later, as connections in a baby's brain are most adaptable in the first three years of life
- Can alter a child's developmental path and improve outcomes for children, families, and communities
- Equips families to better meet child's needs from an early age and throughout their lives

References:

Proven Benefits of Early Childhood Interventions

By Lynn A. Karoly, M. Rebecca Kilburn, Jill S. Cannon

Efficacy of early interventions for infants and young children with, and at risk for, autism spectrum disorders

By Rebecca J. Landa



What Early Intervention Is

Early Intervention (EI):

- Services provided to infants and children observed to face difficulties meeting 1 or more developmental milestones
- Helps maximise the development of the child through various intervention approaches
- Comes in various forms – Early Intervention Programme for Infants and Children is (EIPIC) is one of them



Available Therapies for Early Intervention

Types of therapies

- Speech and Language Therapy (SLT)
- Occupational Therapy (OT)
- Physical Therapy
- Behavioral Therapy
 - Applied Behaviour Analysis (ABA)



Important Note: To choose only evidence-based therapy (by medical professional)

Early Intervention Programme for Infants and Children

- **Early Intervention Programme for Infants & Children (EIPIC)** and provides developmental and therapy services for infants and young children with developmental delays
- EIPIC equips children with improved motor, communication, social, self-help and cognitive skills
- For children who have made sufficient progress in EIPIC, the **Development Support Plus (DS-Plus)** programme provides them with intervention support within the preschool setting



What is EIPIC?

EIPIC is not:

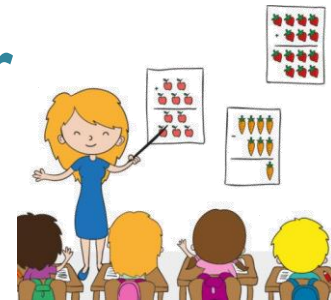
- ✗ For children of all ages
- ✗ A replacement for preschool programme
- ✗ 1:1 therapy service

EIPIC is:

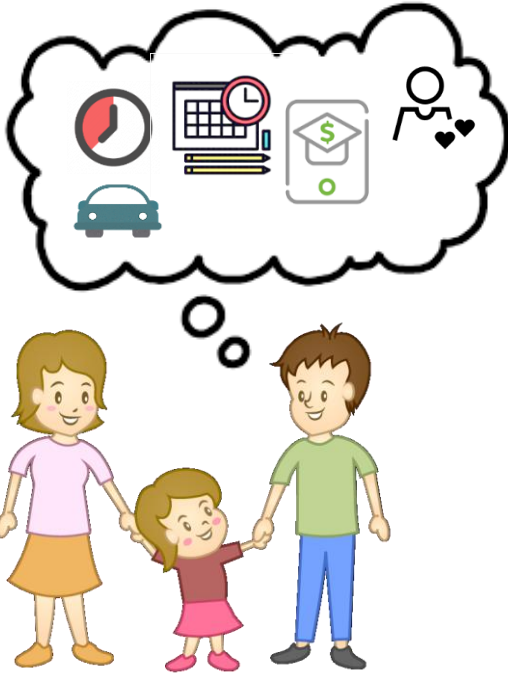
- ✓ For preschool children, to better prep them for mainstream primary / special school education
- ✓ A specialised programme focused on your child's developmental needs
- ✓ A group-based intervention service (typically 1:1 to 2:8)



You are encouraged to enroll your child in EIPIC and preschool concurrently



Choosing an EIPIC Centre



**Refer to “A Guide to EIPIC” for EIPIC Service and Fees Matrix*



- Location**
How far is centre from home and preschool?
- Transport Availability**
Does the centre provide transport? Do I need transport?
- Estimated Wait Time**
How long do I need to wait for a vacancy?
- Caregiver’s Presence**
Does the centre require the same caregiver to be present at every session? Am I able to be there if a caregiver is needed?
- Class Schedule**
Does the EIPIC class schedule work for my child?
- Fees**
Are the fees affordable for me?

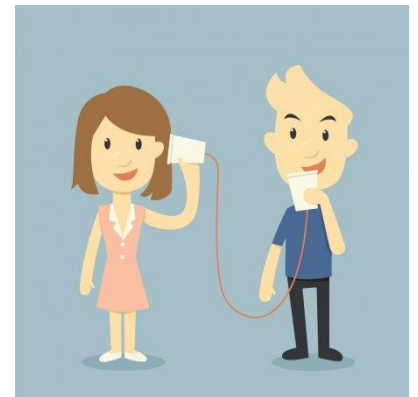
EIPIC is a Team Effort

At EIPIC, a group of teachers and other professionals will work with your child on his/her areas of needs in the following areas:

- Speech, language and communication skills
- Social skills
- Cognitive learning
- Motor skills
- Daily living skills



Communicate regularly with your child's preschool and EIPIC teachers, to maximise your child's developmental potential



Intervention Begins at Home: You Play A Part!

ECHO provides an easy way for you to work with early intervention professionals to embed intervention goals in daily routines:

Watch...observe your child

Act...increase range of your child's behaviour

Hi-five...praise your child!



Picture Exchange Communication System (PECS)

- Allows children with little or no communication abilities to communicate using pictures
- Children approach another person and give them a picture of desired item in exchange for that item



Reference: <http://trainland.tripod.com/pecs.htm>

Intervention Begins at Home: You Play A Part!

Social Stories (by Carol Gray):

- Easy and effective way of teaching appropriate behaviours
- Written or visual cues that help guide children who struggle to navigate unfamiliar social situations (e.g. school, clinic etc.)

Mistakes

When I am trying something new or when I am doing my work, it's ok to make mistakes. 

When I make a mistake, I will stay calm and try again.

I do not need to get upset. It is ok! 



If I need help with something, I will ask a friend or my teacher.

Can you help me please?



Everyone makes mistakes.

When something isn't right I can always try again.

That is how I learn.



Try it again 

When I Go Into Class.....

 I use a quiet voice.

 I have quiet hands

 I will follow directions.

 I will start and finish my work.

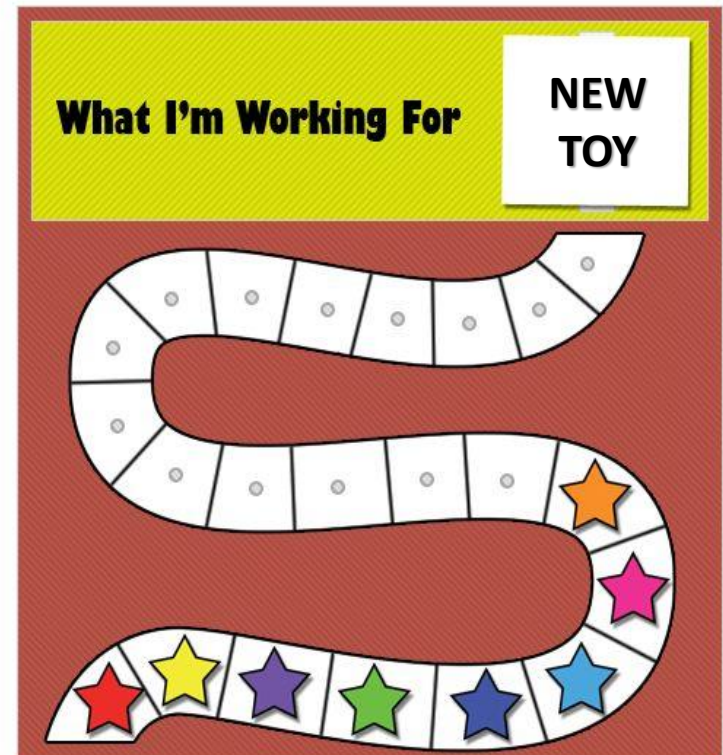
Helpful Tools for Everyday Tasks

Visual Supports:



Token Economy:

“What I’m Working For” Token Economy



Tackling Everyday Challenges: Tantrums vs Meltdowns

TANTRUM

- A) Driven by want/goal
- B) Child checks that you are paying attention to his/her behaviour
- C) Child reacts this way in front of people
- D) Behaviour ceases when child gets his/her way

BOTH

Behaviours such as kicking, shouting, biting, screaming, etc.

MELTDOWN

- A) Driven by reaction to stimuli
- B) Result of sensory overload (overwhelmed)
- C) Child does not care if he/she gets attention
- D) Behaviour will only cease when child calms down and regains control



Handling Meltdowns Like a Pro

What to Say

Keep your chatter to a minimum.

Talk to your child in a very quiet, calm voice.

"I am here when you are ready for me."

"Take a deep breath."

"I notice you are very frustrated."

"I'm here."

"It's okay to feel this way."

"Relax your hands."

"Relax your feet."

"You are safe."

What to Do

Make sure your child is safe.

Give your child space.

Diversions:

Calm down jar,

Calming music,

Essential oils,

A favorite stuffed animal.

Tight squeezes.

IF NOT SAFE:

Evacuate the surroundings.

Remove dangerous items

Remove breakables

Remove other children

What to Avoid




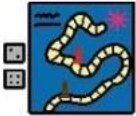
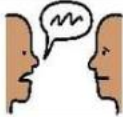



Don't let your own emotions take over.

Remove all guilt and all embarrassment.

Don't try to reason with your child.



Building Bonds Through Everyday Life

Parent's Chart		M	T	W	TH	F	S	S
Hugged my kid for no reason 								
Helped my kid clean their room 								
Took a calming breath before talking 								
Played a board game with my kid and had fun 								
Apologized when I got upset 								
Showed GRACE to my kid when they got upset 								
Did something silly, just to make my kid laugh 								
Did something just for me, because when I am not calm neither is my kid 								

Observe your child to find other simple ways of showing love, care, respect



Planning for the Future's Important Too

Child's readiness for life

- Training child to be independent
- Independence different from being knowledgeable or skilled

Child's education

- Choose the right preschool
- Know the different pathways for your child



Financial planning

- Providing for child's future needs – savings, trusts, etc.
- Insuring your child

Care planning

- Assisted Deputyship – Continue making legal decisions for your child after he/she turns 21
- Self-care – take time for yourself

Self-Care: Caring For Yourself Is Important

Take time to do simple activities for yourself

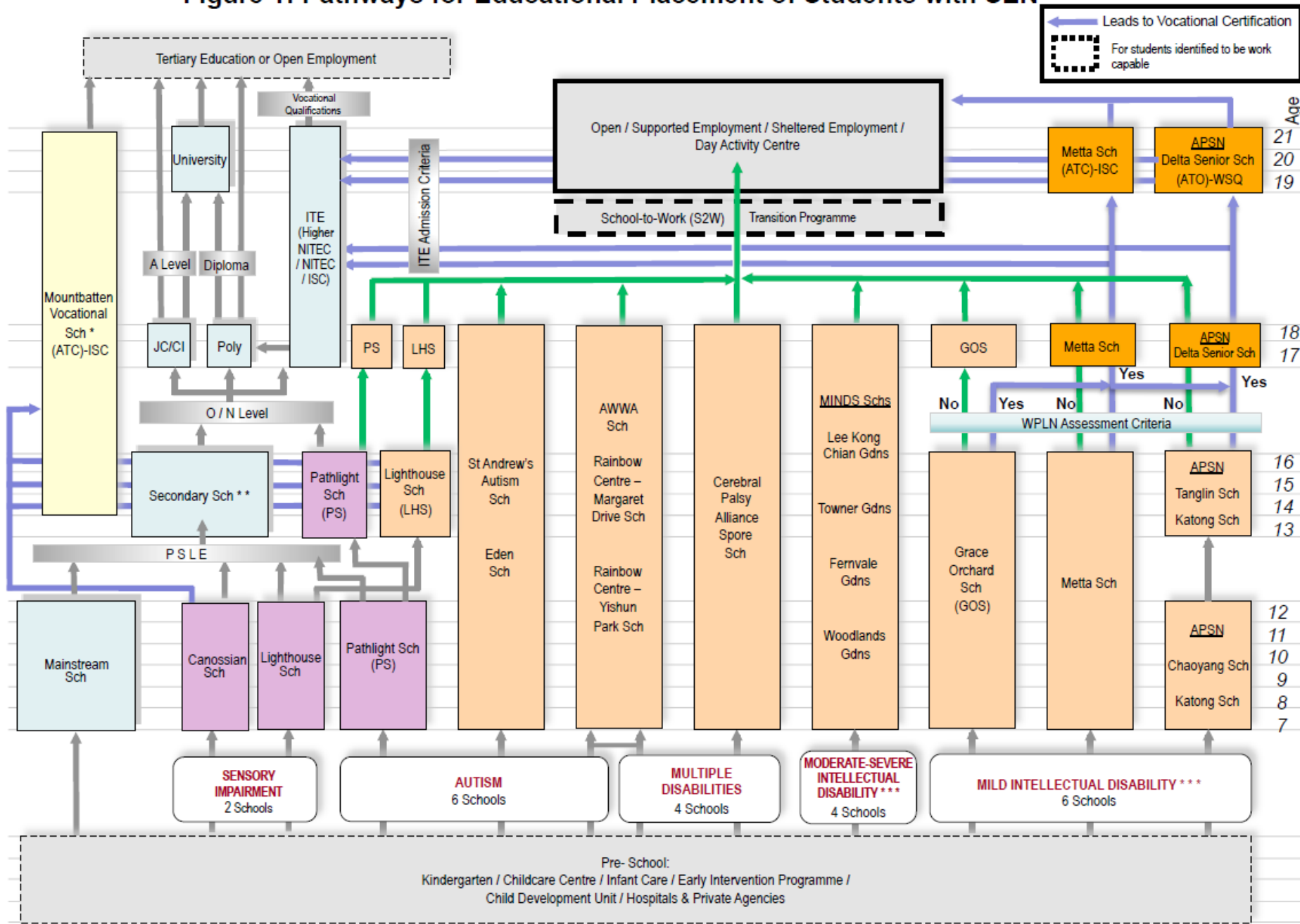


5-Minute Self Care Breaks

Activating	Relieving
<ul style="list-style-type: none"> • Wall Sit/Plank • Run in place • Take a walk • Listen to an upbeat or energetic song • Have a mini dance party • Learn something new • Drink ice cold water • Chew gum • Arm circles • Wiggle/Shake arms and legs 	<ul style="list-style-type: none"> • Hold something tactile while working • Use essential oils • Coloring breaks • Doodle • Do some stretching • Listen to your favorite song(s)/music • Read a book • Journal • Warm cup of tea or hot chocolate • Do a puzzle/word search/connect the dots/etc



Figure 1: Pathways for Educational Placement of Students with SEN



Part 2: Community Resources & Support



Parent Support Groups: Caregivers Supporting Caregivers

Activities Based

Shoulders Group



- Regular activities (Standing pedal, farming, art and crafts)
- 2 Whatsapp group and 1 Telegram group

Friends of ASD Families

- Sharing by Meilan (a full time mom who look after her ASD boy) and encouragements to caregivers
- Activities for special needs children (story telling, concert and etc)



Parent Support Groups: Caregivers Supporting Caregivers

Forum Based	Activities Based
<p>Caring and Sharing Parents Ever Resilient (CASPER)</p> <ul style="list-style-type: none">- Conduct forum every 2 months- To empower parents and caregivers with relevant skills and knowledge- Private FB Group- Sharing and exchange knowledge/skills- Send email to casperpsg@yahoo.com.sg  <p>CASPER PSG > PRIVATE GROUP · 711 MEMBERS</p>	<p>Hope for the Journey (HOJ)</p> <ul style="list-style-type: none">- Regular activities with Youth Corp (Big Brothers Big Sisters)- Private FB Group- Sharing and exchange knowledge/skills  <p>Hope for the Journey > PRIVATE GROUP · 810 MEMBERS</p>

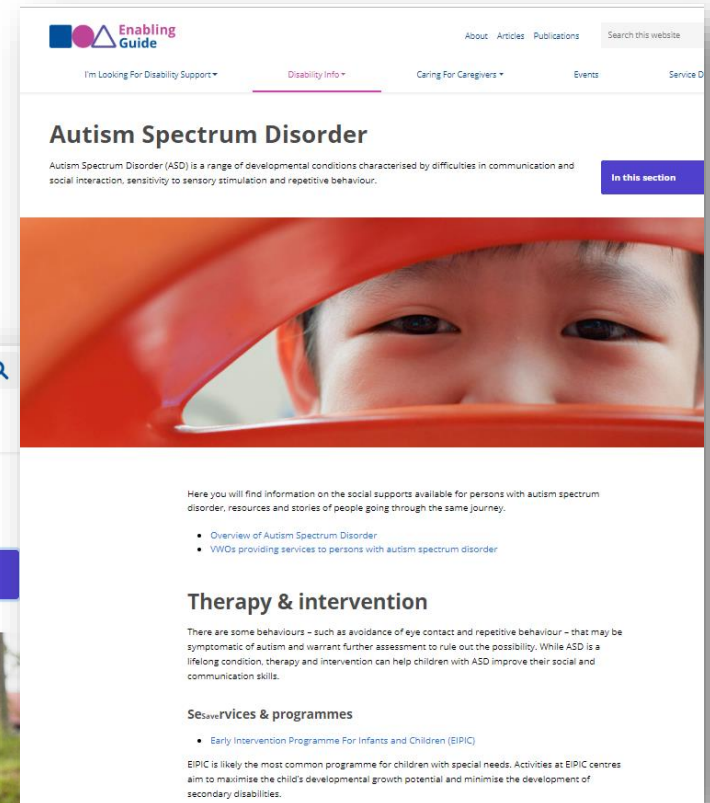
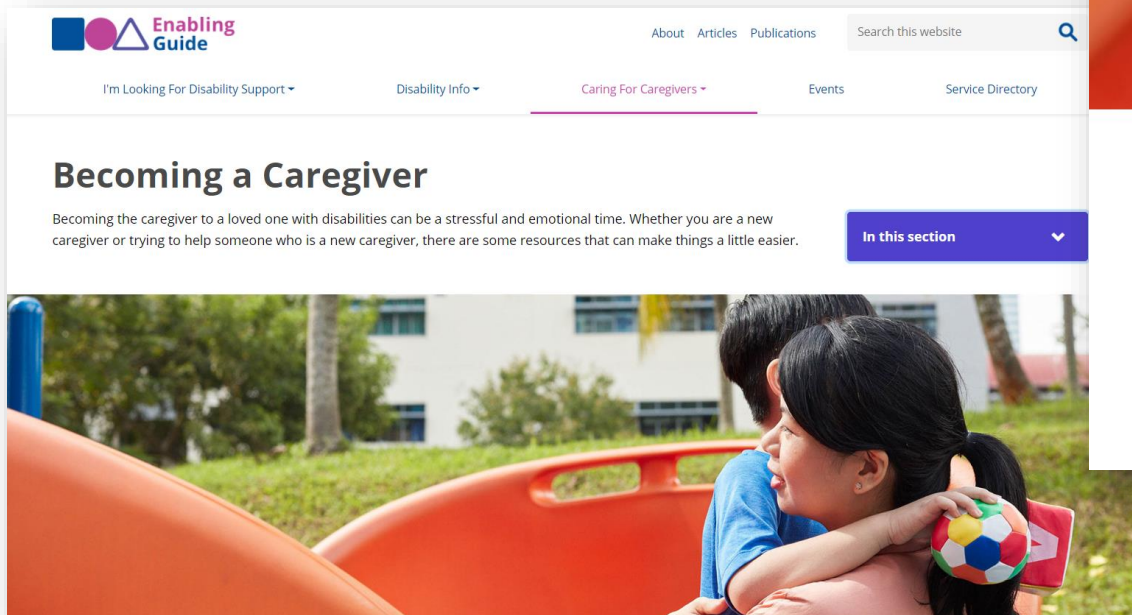
Find more parent support groups at:

<https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups>



Enabling Guide: Resource Portal for Caregivers

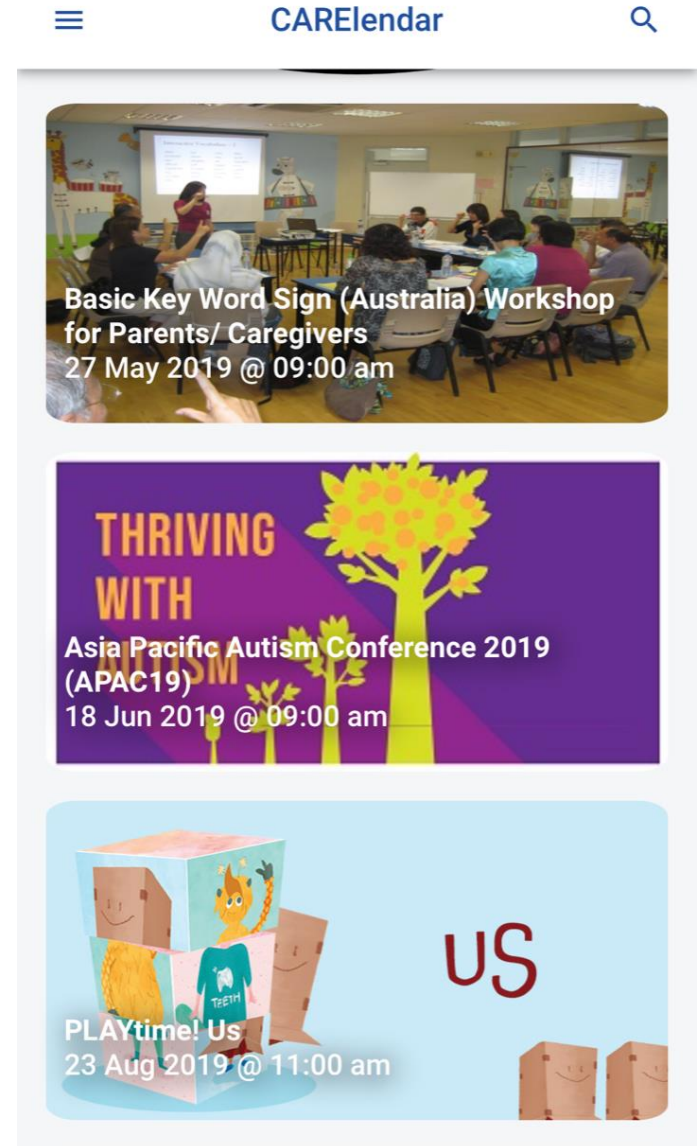
- Online portal for information and advice on schemes, services, support and resources related to disability in Singapore.
- <https://www.enablingguide.sg>



CARElendar: Find Inclusive Events

Mobile app that provides a consolidated view of inclusive community events.

Suggests suitable events to users based on caregiving needs and interests



Caregivers Pod: Designated Space for Caregivers

Booking

- For caregiver-related group activities, e.g. peer support sessions, talks
- Area available for booking: 45 m², for up to 18 pax
- Charges waived till Dec 2020
- Write in to facilities@ev.sg

Walk-in

- One-time registration during office hours to get a PIN for access
- For enquiries, write in to caregivers@sgenable.sg



Discussion Space

for coalition and community partners



Activity Space

for caregiver groups, SSA activities, P2P sessions



Training Space

includes VR modules and resource area



Respite Space

for caregivers; along with their care-recipients or while they are engaged in activities in EV

Let's Work Together to Love. Care. Respect.

Educators

Family

Community

Government

**Healthcare
Professionals**

**Parent Support
Groups**

Everyone plays a part to Love. Care. Respect.





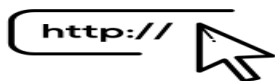
Inclusive society. Enabled lives.

You may contact SG Enable to find out more about the services available for you and your child.

Your **assigned case officer** will contact you within 10 working days of receiving your complete EIPIC referral form from the hospital or private paediatrician.



Contactus@sgenable.sg



<https://www.sgenable.sg>



1800 858 5885 (9.00am to 5.30pm, Mondays to Fridays)

SG Enable's opening hours are 9.00am to 5.30pm, Mondays to Fridays.
(Closed on Saturdays, Sundays, and Public Holidays)