



# The Effectiveness of a Center-Based Program for Parents and Caregivers of Children Receiving Early Intervention

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## Site Description

- Total Education Solutions (TES) is a pediatric therapy outpatient clinic that provides therapeutic services including occupational therapy, speech and language therapy and physical therapy for children and young adults of all abilities (Total Education Solutions, 2021a)
- TES offers a Center-Based Early Intervention program, for children between the ages of 1 ½ to 3 years old, which provides children the opportunity to develop developmental milestones and to play among other same-aged children.
  - The program is led by occupational therapists, speech therapists and physical therapists with three hours of structured activities and play (Total Education Solutions, 2021b)



## Areas of Need

- Increased program development for the Center-Based program
- Educational handouts and resources to increase parent education
- Educational workshops on various topics for parents and caregivers

## Objectives

- Develop lesson plans and corresponding educational handouts for the Center-Based subprogram to promote occupational engagement and enhance parent education
- Create parent education resources on child development and strategies to promote and ensure carryover of skills to various settings
- Increase ability to provide family-centered care and demonstrate the value of occupational therapy to families receiving services

## Literature Review

- **A need for additional support**
  - Parents reported increased levels of stress, highlighting the importance of supporting the roles and responsibilities of parents with children with developmental disabilities (Hurtubise & Carpenter, 2017)
- **An emphasis on parent involvement**
  - Family-centered practices that are inclusive of the entire family are the more favorable approach for early intervention services (Pighini et al., 2014)
- **The need for different modalities**
  - In-person group training and virtual training online were proven to be effective (Tomris & Diken, 2021)

## Project Description/Implementation

- **Purpose:** explore the effectiveness of a center-based subprogram and parent education for families receiving early intervention services
- **Objective:** increase knowledge to ensure parents and caregiver ability to generalize and transfer knowledge to day-to-day living and daily routines
- **Program Plan**
  - Frequency: three times a week
    - Monday, Wednesday and Friday
    - Hours: 8AM - 11AM
  - Duration: 6 weeks

## Scholarly Deliverables

- Lesson plans for the Center-Based subprogram
- Educational handouts and resources for parents/caregivers to implement within the home and community setting
  - Provided in Spanish and English
- Informational workshops for parents/caregivers to provide education and as a means to measure effectiveness

## Discussion/Implications

- The Center-Based subprogram was created to provide family-centered care that is focused on parent involvement and parent education promote healthy child development and increase quality of life
- Evaluation outcomes revealed a significant increase in parent and caregiver knowledge and comprehension, an increase in comfortability levels and overall transferability of knowledge to day-to-day living and daily routines
- Future students who propose to expand the Center-Based subprogram may consider the continuation of parent education and informational workshops to help families best support their children receiving early intervention services

## Outcomes

I understand how to improve my child's fine motor skills.  
7 responses

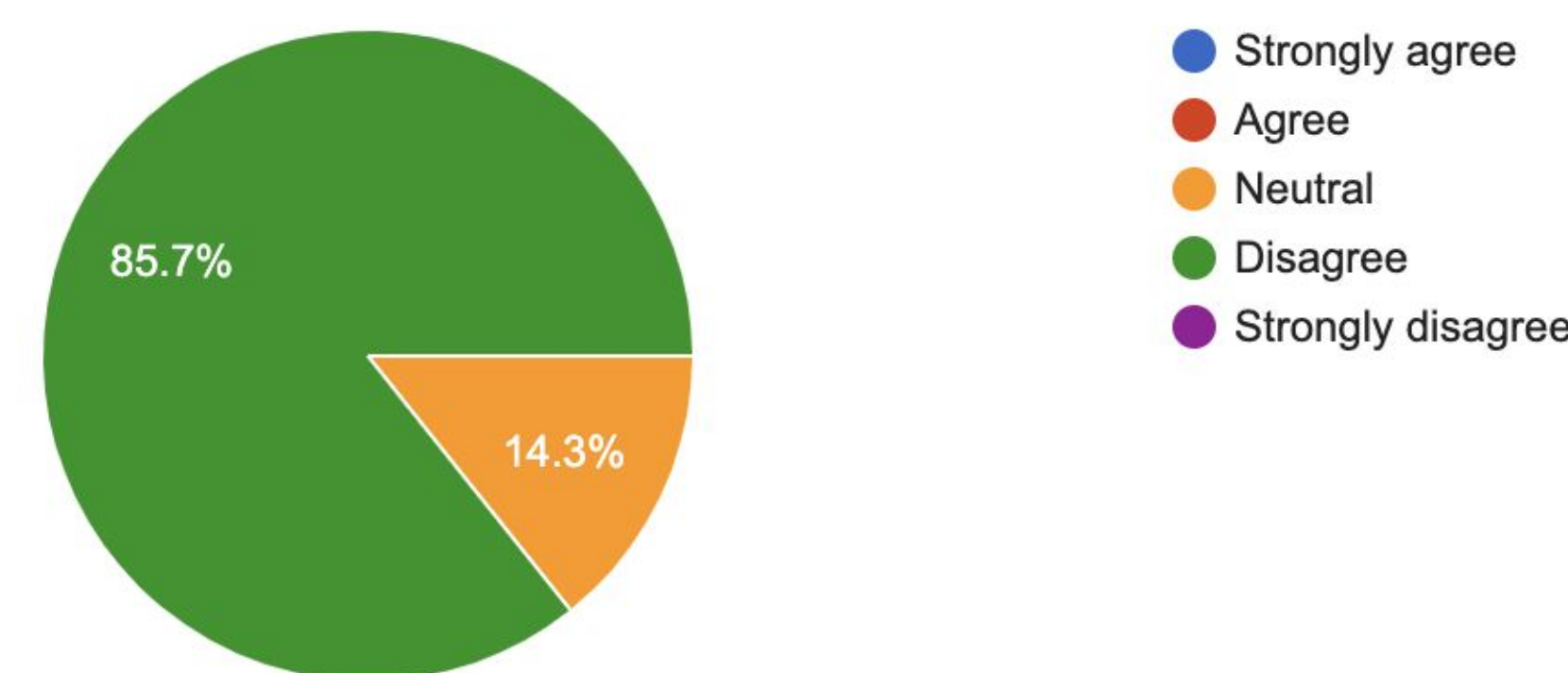


Figure 1. Fine Motor Comprehension Pre-test

I feel comfortable in helping my child improve his/her fine motor skills.  
7 responses

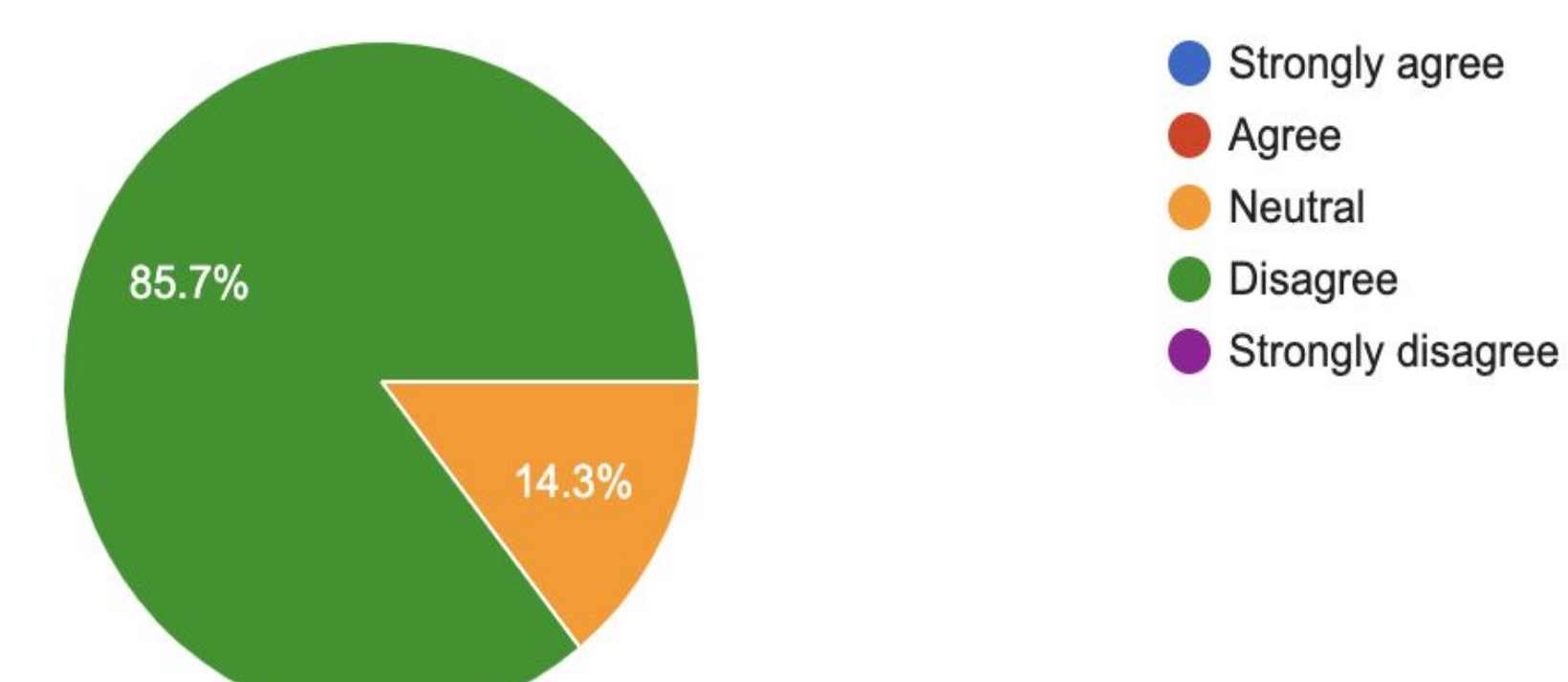


Figure 3. Fine Motor Comfortability Pre-test

I understand how to improve my child's fine motor skills.  
6 responses

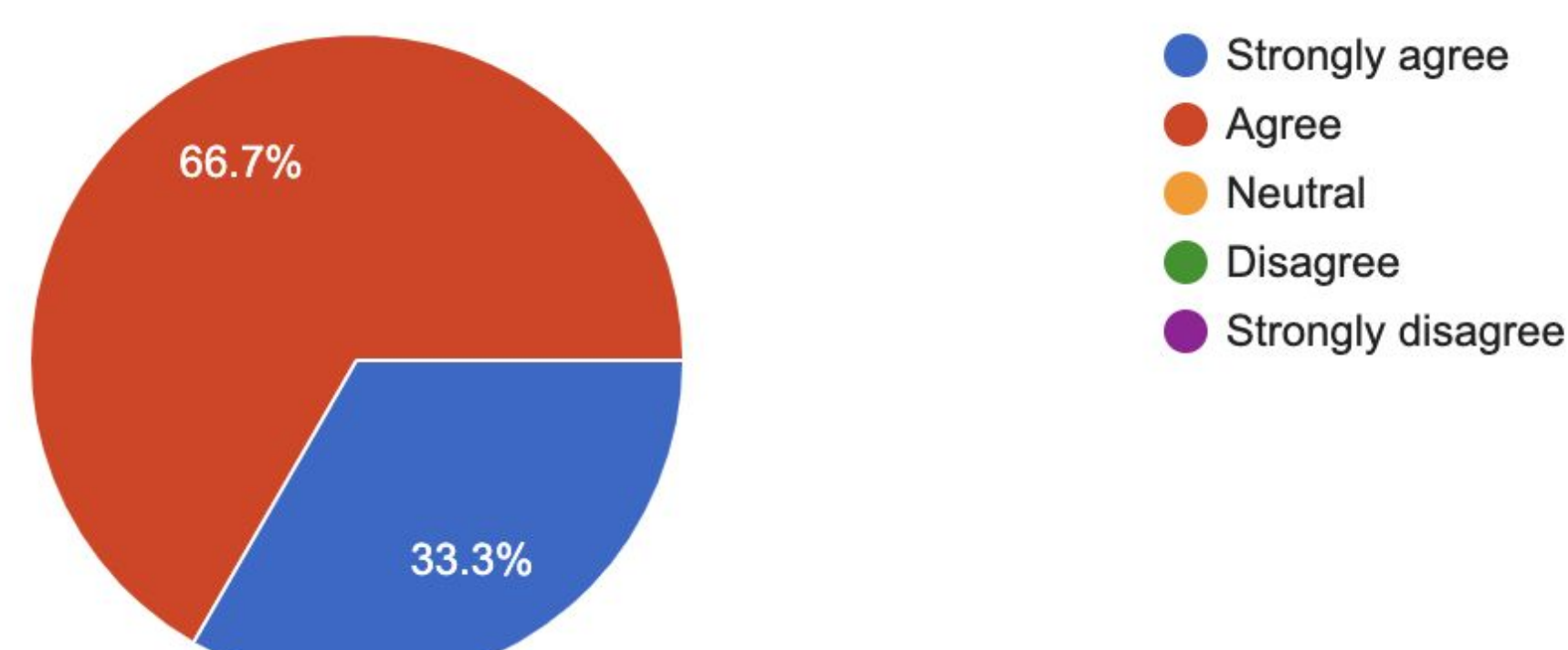


Figure 2. Fine Motor Comprehension Post-test

I feel comfortable in helping my child improve his/her fine motor skills.  
6 responses

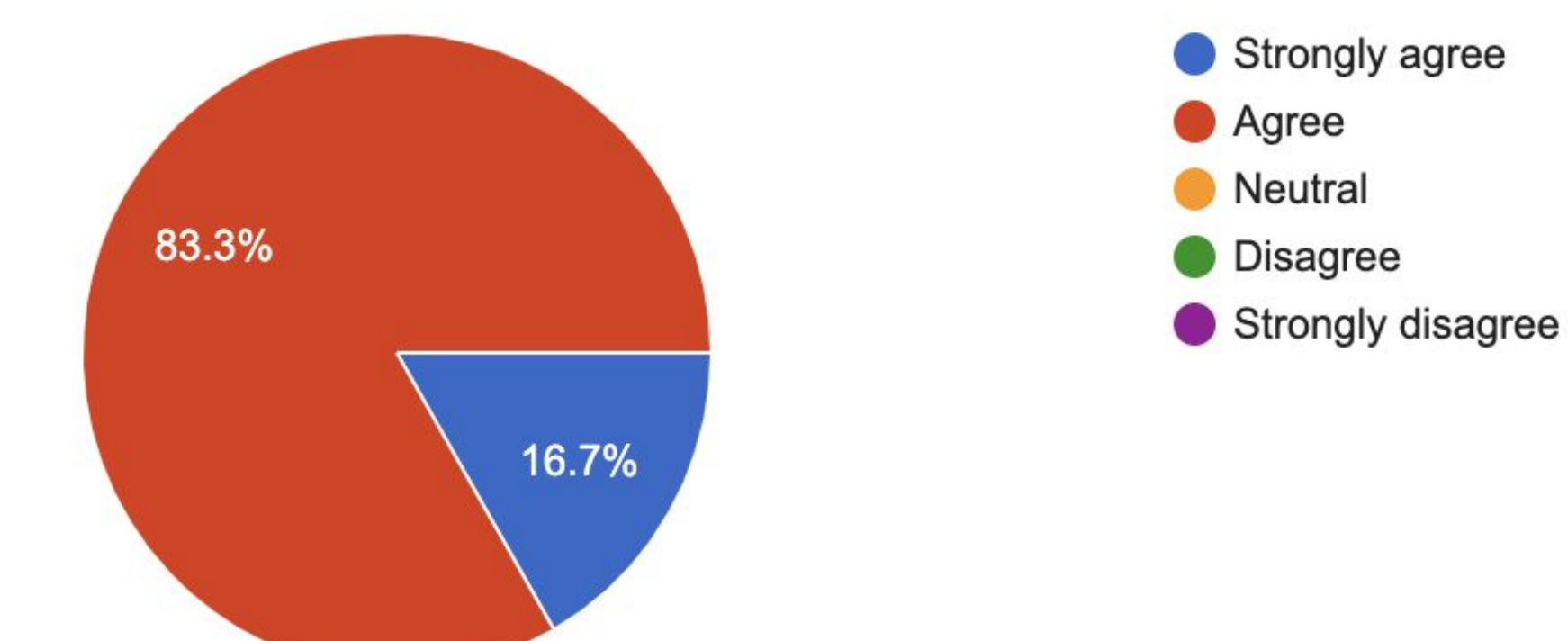


Figure 4. Fine Motor Comfortability Post-test

## References



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