



# Parent and Staff Program for Symptom Recognition and Disability Stigma Reduction



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## Description of Buonora Child Development Centers

- Provides early intervention services to children and their families
  - Center-based classes, occupational therapy (OT), physical therapy, speech, child development
  - 93% Spanish-speaking population
- Mission:** Honoring every child's current stage in their development and gently guiding them forward. Aiming to educate children holistically to promote growth and development (Buonora Centers, 2025)

## Summary of Needs Assessment

- Parent education on symptom recognition and management
- Staff training on early detection of developmental delays and strategies to support development
- Digital binder of educational resources for both parents and staff to promote development and reduce stigma surrounding disabilities

## Literature Review

- Disparities in Diagnosis and Treatment (Angell et al., 2018, Gallegos et al., 2021)**
  - Developmental disabilities are often underdiagnosed or misdiagnosed
- The Importance of Education Toward Equitable Care (Aylward et al., 2021; Kiing et al., 2019)**
  - Community-level education can increase awareness of early signs of delays and reduce disparities
- Effectiveness of Sensory-Rich Early Intervention (Blanche et al., 2016; Oh et al., 2024)**
  - Sensory integration interventions are proven to be effective in improving developmental skills

## Project Objectives

- Develop and implement a program to improve parent knowledge and self-efficacy and reduce stigma surrounding disability
- Develop and implement a program to train staff on early detection of delays and strategies to support development early
- Create a digital binder of educational resources to distribute to parents and staff to reinforce their role in supporting the children

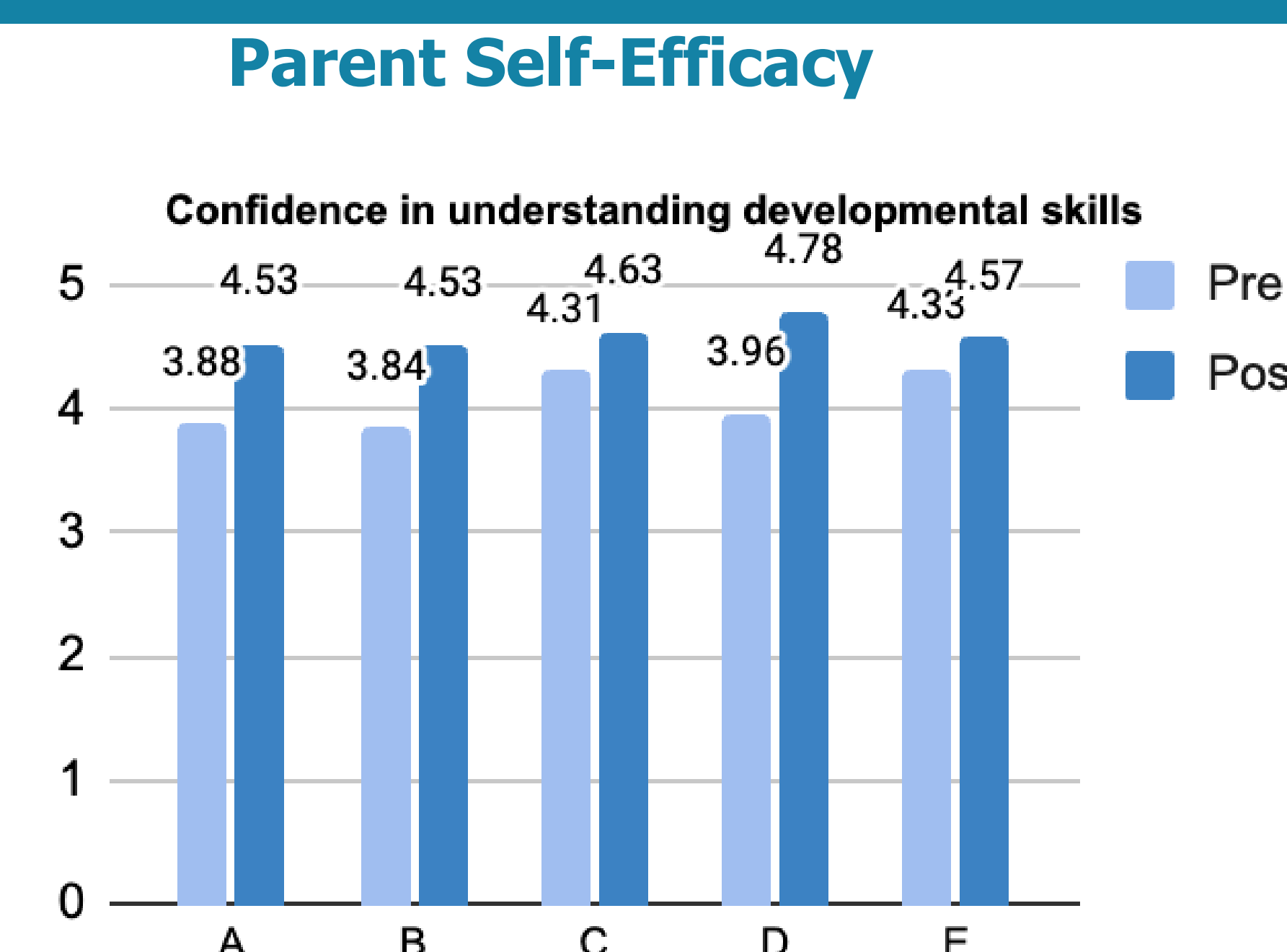
## Project Description and Implementation

### Parent & Staff Workshops

- Developed and implemented an educational program for parents and staff in early intervention settings
  - Purpose:**
    - Increase awareness of OT services
    - Educate on early symptom recognition of developmental delays
    - Provide OT strategies to manage symptoms
    - Reduce stigma surrounding disability
    - Provide educational resources
  - Participants:** 55 parents and 22 staff
  - Structure:**
    - 13 parent and six staff workshops
    - Workshops delivered in-person for parents and via Zoom for staff
    - Parent workshops delivered in English and Spanish
    - One hour sessions
- Six topics:** Introduction to OT, Cognitive Skills, Motor Skills, Language Skills, Adaptive Behavior Skills, and Socio-emotional Skills

## Evaluation & Outcomes

Figure 1



**Note:** Legend for figure 1 and 4: A = cognitive, B = motor, C = language, D = adaptive behavior, E = socio-emotional

- Increased confidence in understanding developmental skills ( $p < 0.001$ )
- "Parents started showing up on time, using their phones less, asking more questions, and applying the strategies"

### Parent Attitudes Towards Disability and Developmental Delays

Figure 2

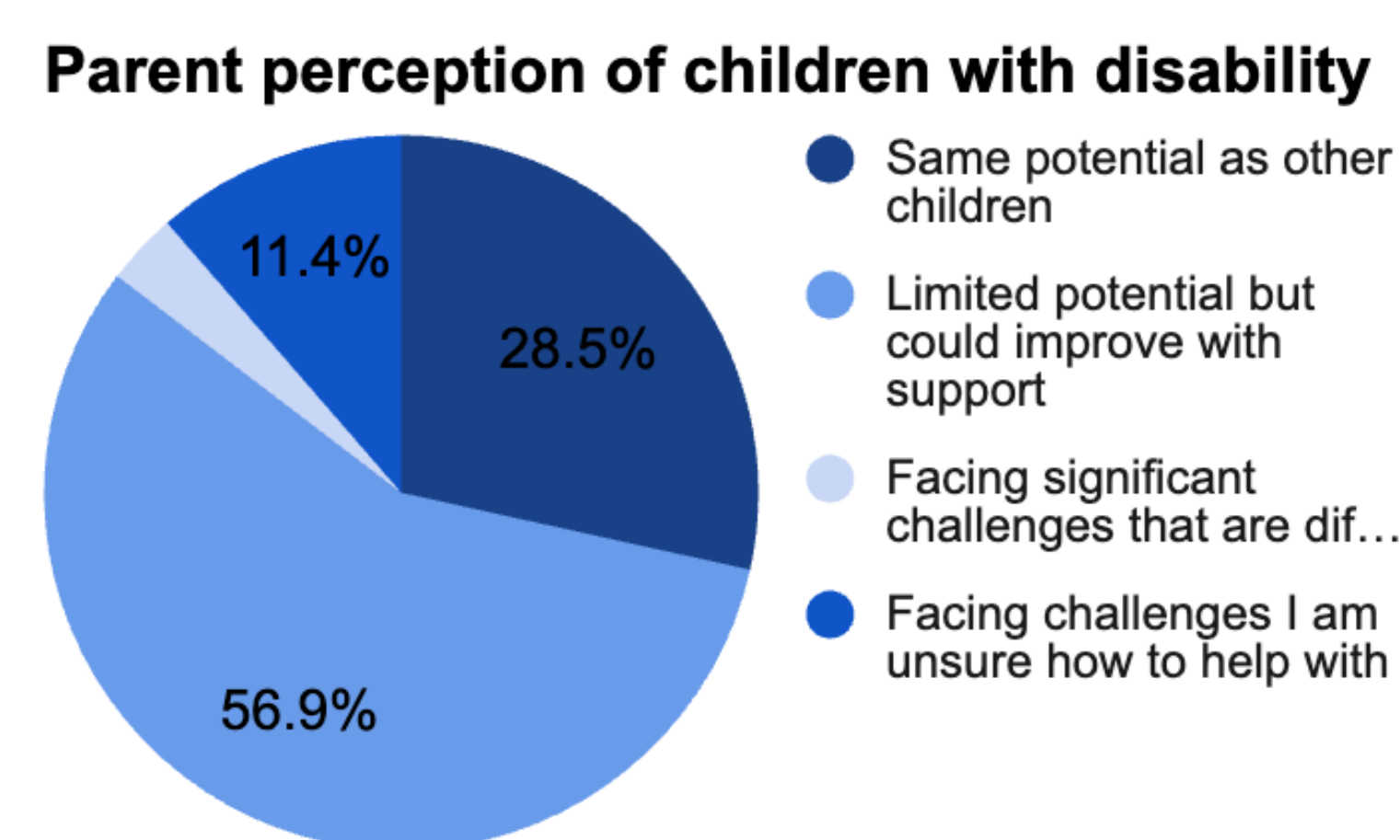
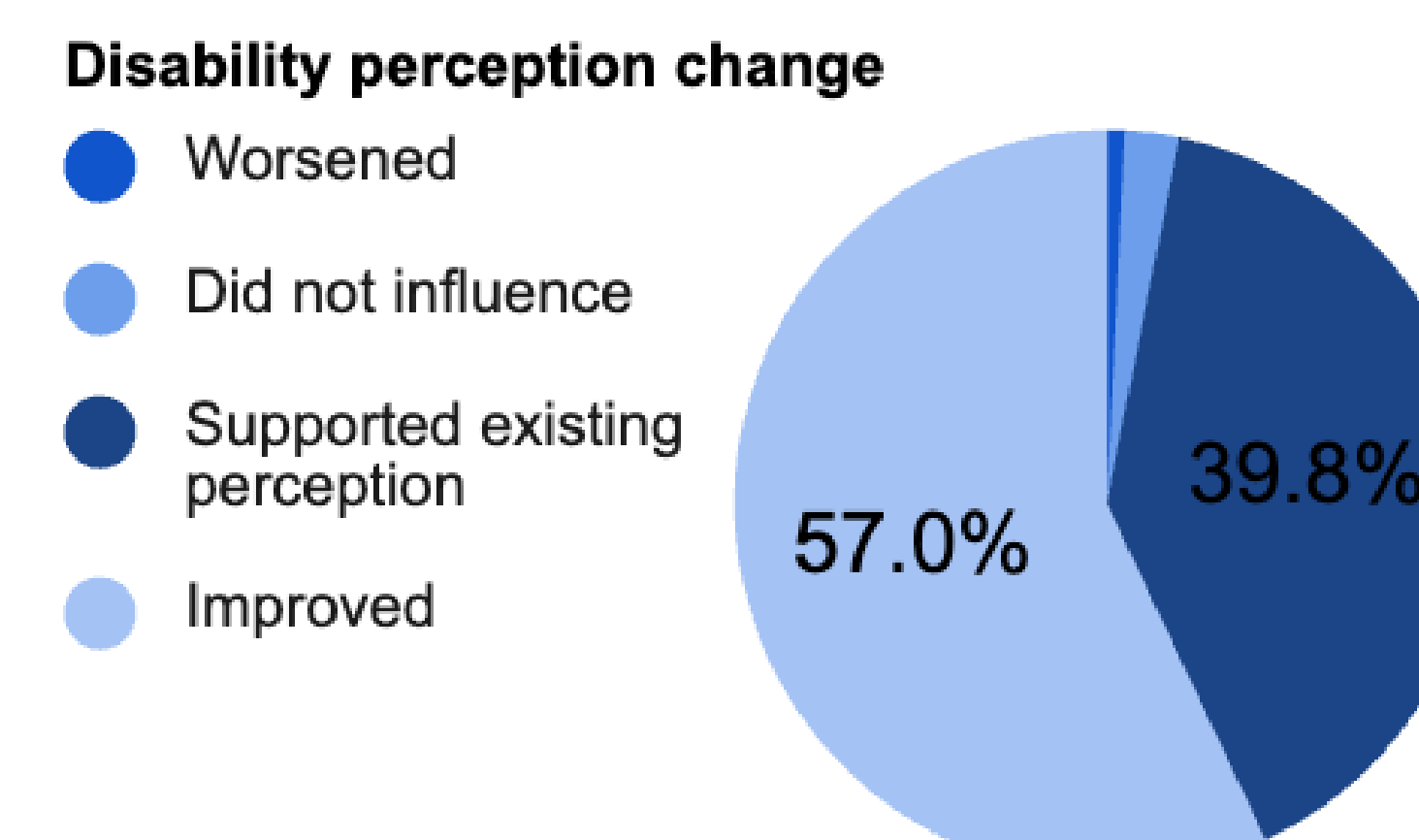


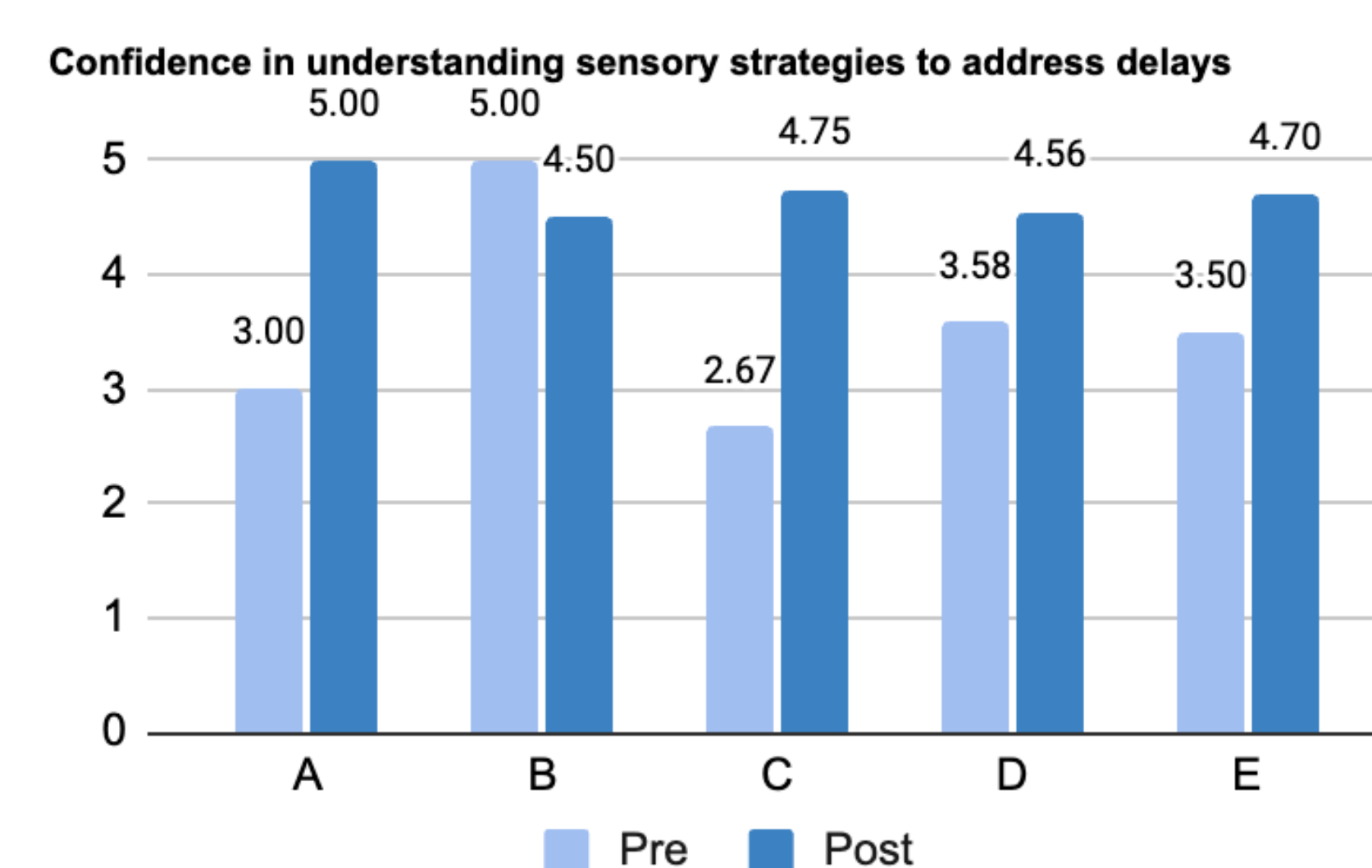
Figure 3



### Staff Outcomes

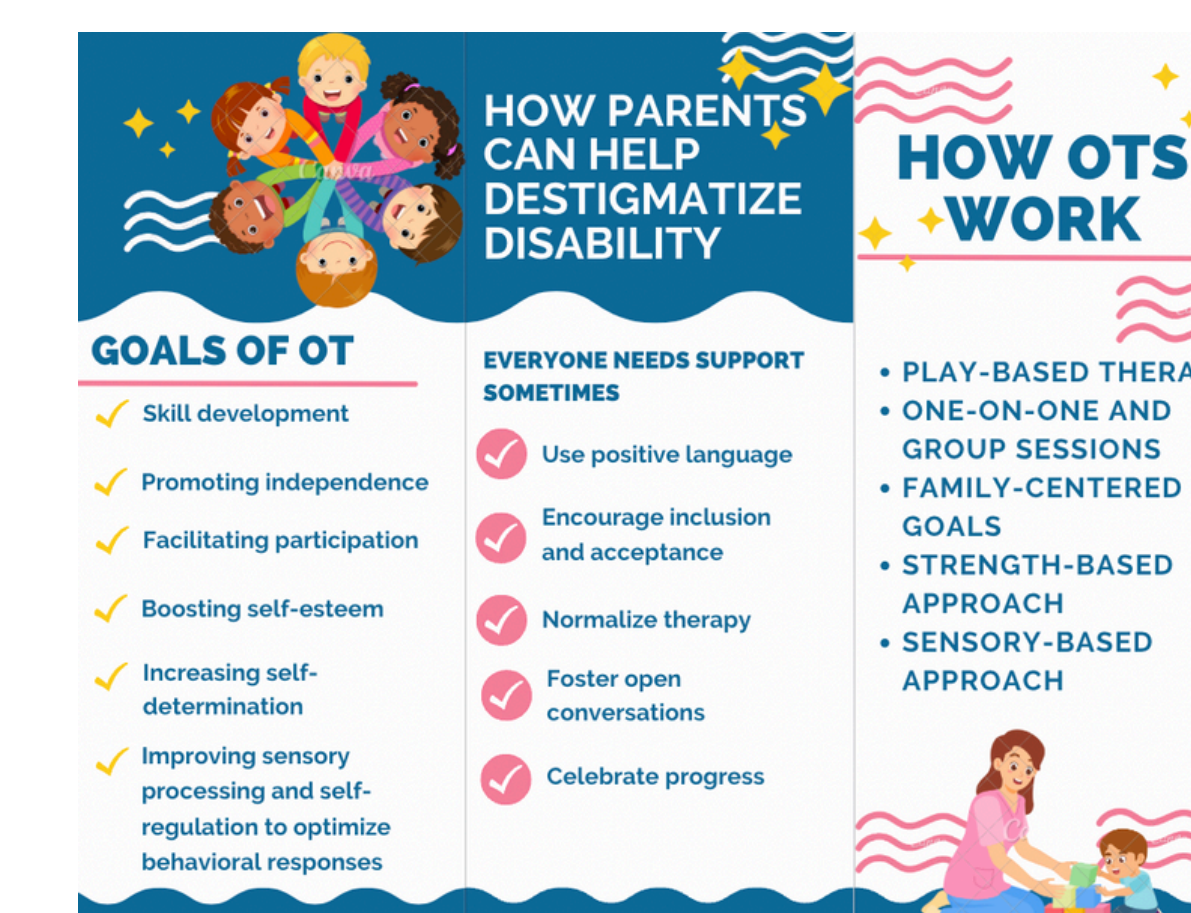
Statistically significant improvements ( $p < 0.001$ ):

- Knowledge of OT roles and services
- Understanding and using sensory strategies
- Classroom implementation confidence
- Identifying delays and sharing resources



## Summary of Deliverables

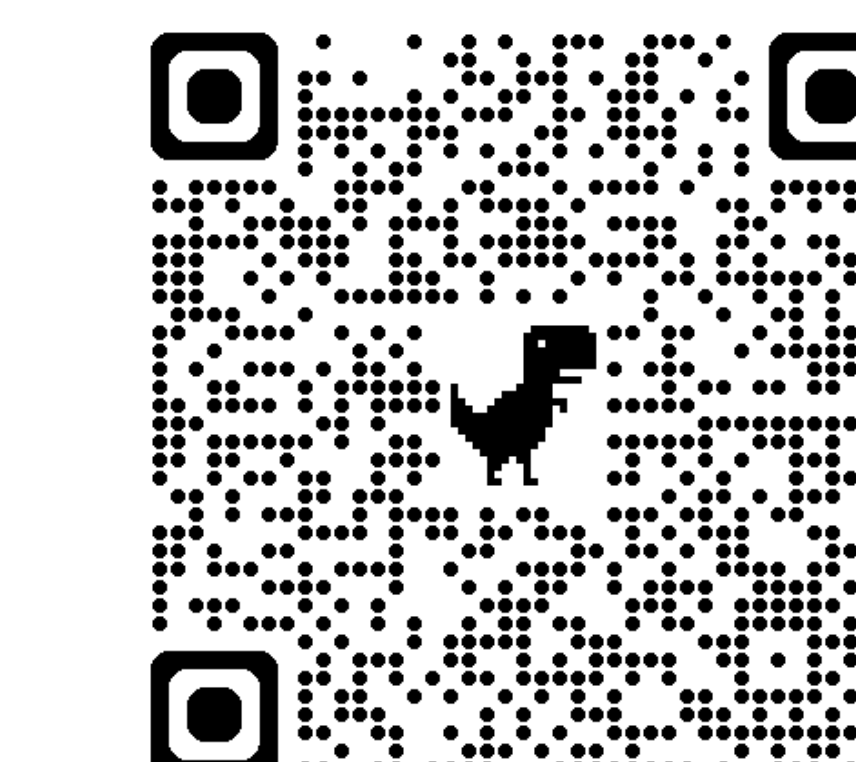
- Parent Brochures
  - Printed in English and Spanish
- Virtual Staff Training Resources
- Digital resource binder for parents and staff



Everything  
No One Tells  
You About  
Parenting a  
Disabled Child

Your Guide to the  
Essential Systems,  
Services, and Supports

Kelley Coleman



## Acknowledgments

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## References

