

Coaching Families to Support Children's Learning and Development



First Steps knows you are the expert on your child and have the most impact on your child's development. This means First Steps Providers will deliver services that actively involve you in their visits. First Steps services are offered where your child spends their time (home, childcare, playground) and may be different from those provided in a therapy clinic or medical center.

First Steps providers use a coaching approach to help families and other caregivers support your child's learning and development. Coaching has five steps:

- 1) Joint Planning:** Your provider will work with you to develop your plan for the visit and between visits. They will continue to check-in with you to find out what you tried with your child, what worked, and what needs more practice.
- 2) Observation:** Your provider will watch you and your child interact in everyday activities. They will observe the strategies you discussed and you can explore other ideas together.
- 3) Action and Practice:** Your provider will help your family practice new ideas. You will use these new ways between visits to determine if they improve your daily life and/or your child's learning.
- 4) Reflection:** Your provider will ask questions to help you both learn and consider what is working well and what else you may try.
- 5) Feedback:** Your provider will comment on progress and give insights that are important to consider as you work together to help your child meet the goals you set.



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