



# **Parent's Guide: Introduction To Early Intervention**

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## **PART 1: Early Intervention**

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- Early Intervention: Why is it really important
  - Early Intervention Programme for Infants & Children (EIPIC)
  - Getting involved: How you and your family can play a role in supporting your child
  - What lies ahead: Things you should look out for
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## **PART 2: Community Resources and Support**

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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)



# 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:

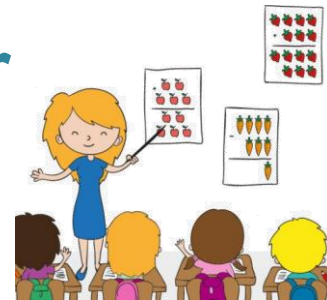
- ✗ For children of all ages
- ✗ A replacement for preschool programme
- ✗ 1:1 therapy service

## EIPIC is:

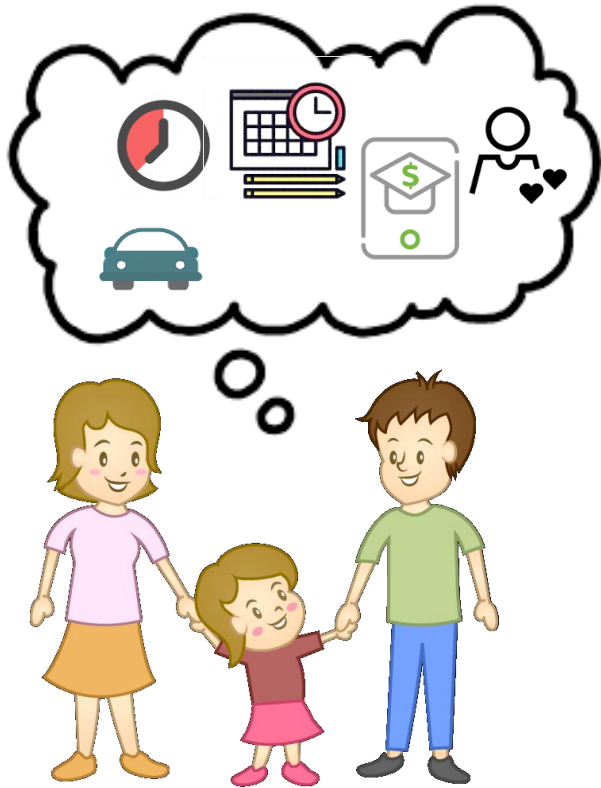
- ✓ For preschool children, to better prep them for mainstream primary / special school education
- ✓ A specialised programme focused on your child's developmental needs
- ✓ A group-based intervention service (typically 1:1 to 2:8)



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



# Choosing an EIPIC Centre



## ☐ **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?

*\*Refer to handout "A Guide to EIPIC"  
for EIPIC Service and Fees Matrix*

## 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 embed intervention goals in daily routines:

**W**atch...observe your child

**A**ct...increase range of your child's behaviour

**H**i-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! 

 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.



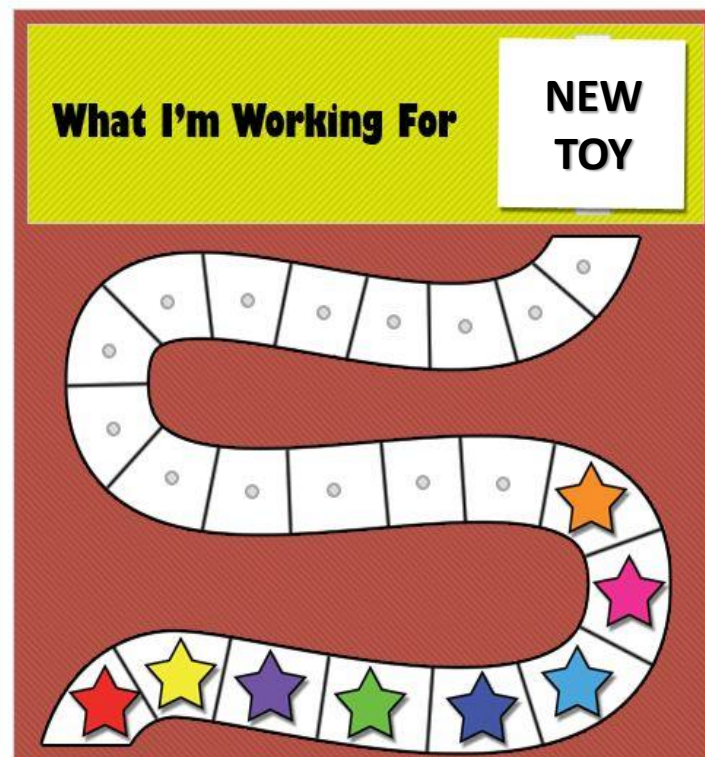
# Helpful Tools for Everyday Tasks

## Visual Supports:

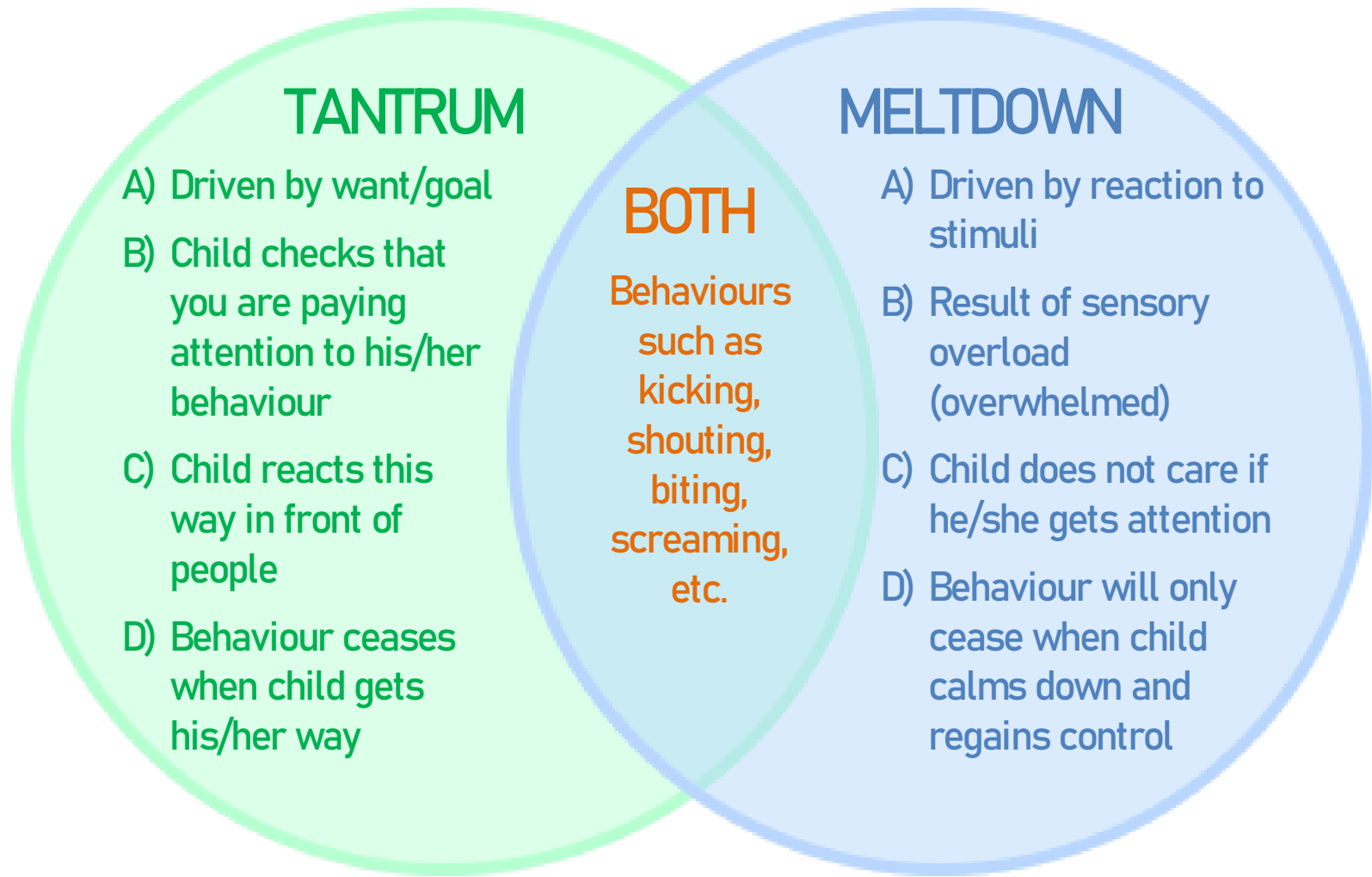


## Token Economy:

### “What I’m Working For” Token Economy



# Tackling Everyday Challenges: Tantrums vs Meltdowns



# 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.



# 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

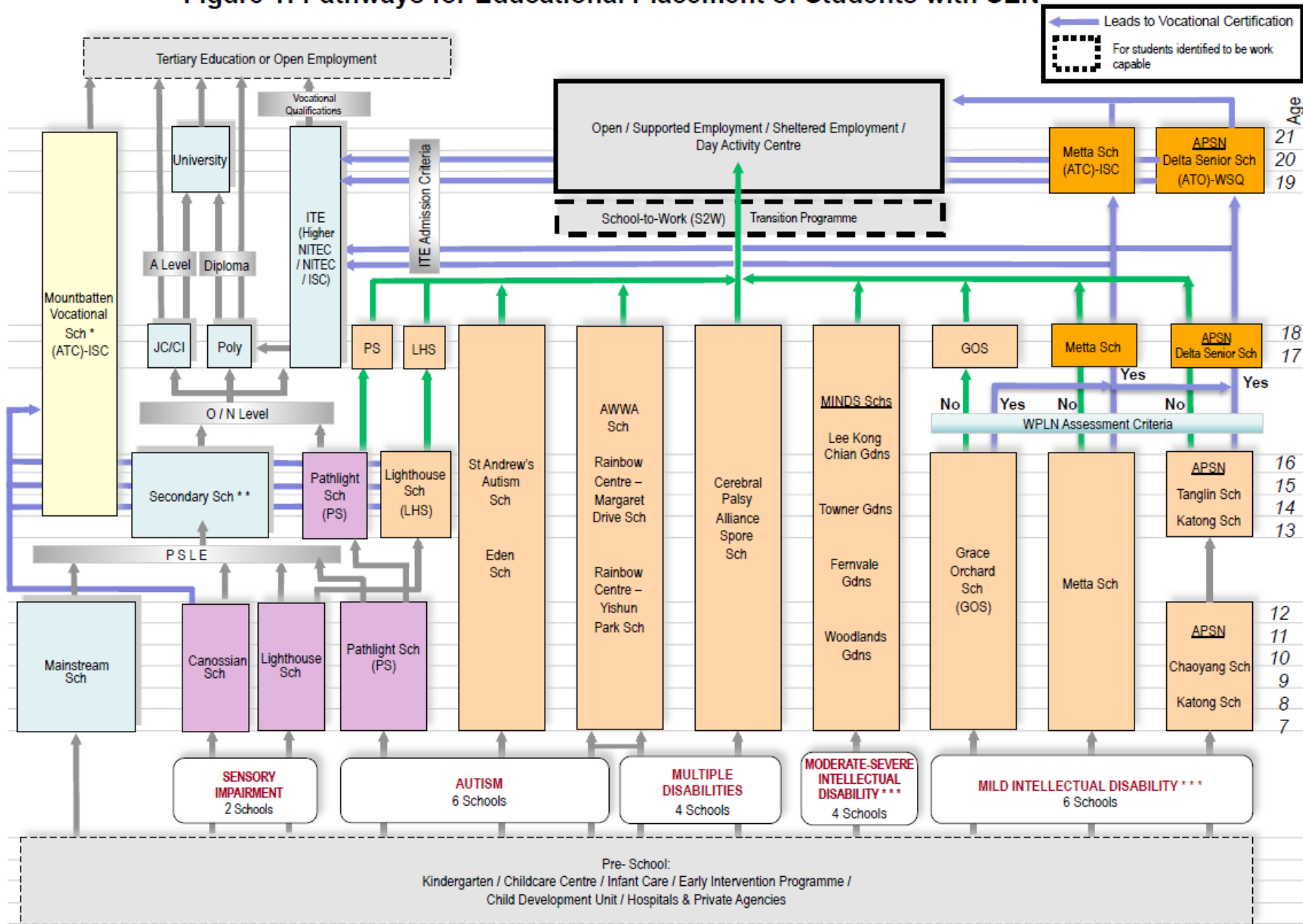


## Financial planning

- Providing for child's future needs
- Insuring your child

## Care planning

- Assisted Deputyship – Continue making legal decisions for your child after he/she turns 21
- Advance Care Plan – Getting the medical care you want

**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

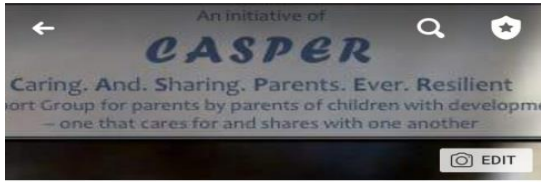

- Regular activities (Standing pedal, farming, art and crafts)
- 2 Whatsapp group and 1 Telegram group

### 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><b>Caring and Sharing Parents Ever Resilient (CASPER)</b></p> <ul style="list-style-type: none"> <li>- Conduct forum every 2 months</li> <li>- To empower parents and caregivers with relevant skills and knowledge</li> <li>- Private FB Group</li> <li>- Sharing and exchange knowledge/skills</li> <li>- Send email to <a href="mailto:casperpsg@yahoo.com.sg">casperpsg@yahoo.com.sg</a></li> </ul> 	<p><b>Hope for the Journey (HOJ)</b></p> <ul style="list-style-type: none"> <li>- Regular activities with Youth Corp (Big Brothers Big Sisters)</li> <li>- Private FB Group</li> <li>- Sharing and exchange knowledge/skills</li> </ul> 

Find more parent support groups at:

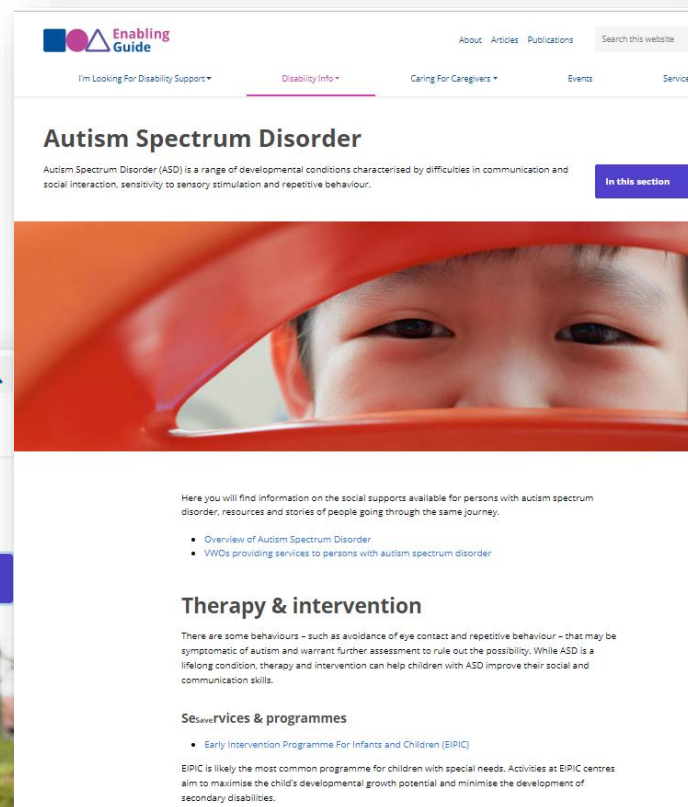
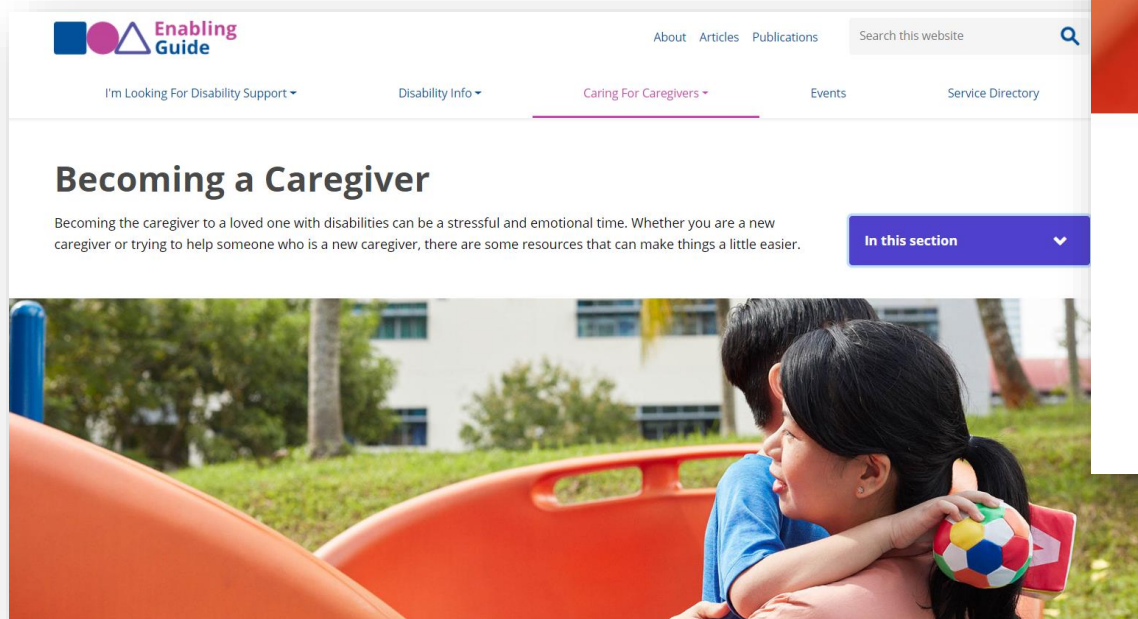
<https://www.enablingguide.sg/caring-for-caregivers/informal-support-groups>





# Enabling Guide: Resource Portal for Caregivers

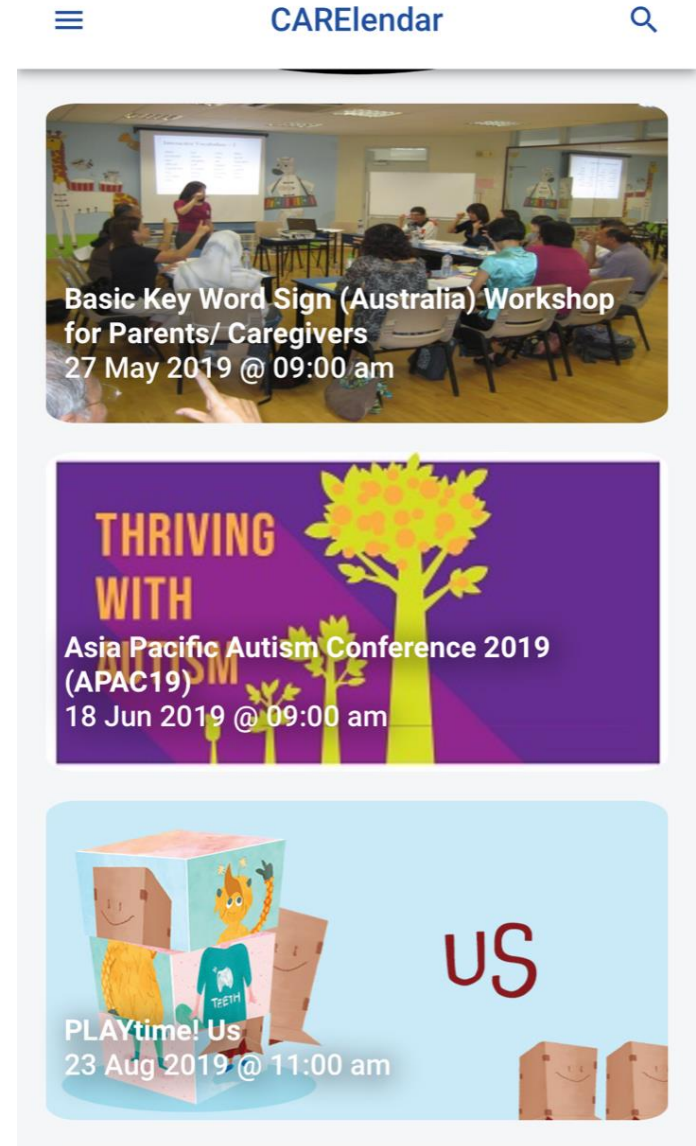
- Online portal for information and advice on schemes, services, support and resources related to disability in Singapore.
- <https://www.enablingguide.sg>



# 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 m<sup>2</sup>, for up to 18 pax
- Charges waived till Dec 2020
- Write in to [facilities@ev.sg](mailto: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](mailto: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.**





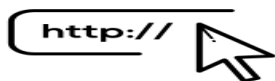
Inclusive society. Enabled lives.

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](mailto: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)

