

# Planning for Interventions within Naturally Occurring Family Routines and Activities

(Adapted by WPDP for the Wisconsin Birth to 3 Program from FACETS materials, Lindeman & Woods)

**Outcome:** Patrick will walk independently and safely within the house.

**Why is this important?** Patrick will be a big brother in a couple of months. The family would like to focus on walking to increase Patrick's overall feelings of success and allow him to have more independence in moving around the house when Mom and/or Dad's attention needs to be on the baby.

**How will you know you have met your outcome?** Patrick will walk on his own, within the house, toward a family member or desired toy when asked to do so.

**Routine:** Playtime and movement between activities

## Skills, Supports, and Adaptations Needed to Work on This Outcome

*What's already working?*

- Patrick loves to play and is very motivated by toys
- Loving, supportive family
- Spacious home with carpeted floors

*What skills does the child need to work on this outcome?*

- Increased cruising and assisted walking
- Postural control
- Following directions
- Using arms to help himself in a fall

*What environmental supports/adaptations would enhance this outcome?*

- Removal of couch cushions to facilitate cruising at a height appropriate for Patrick
- Child proofing the home
- Providing Patrick with a push toy to walk behind

*What skills/support does the family need to work on this outcome?*

- Strategies for helping Patrick follow directions
- Ideas on toys/objects/activities that might motivate Patrick to move

## Possible Learning Opportunities/Activities:

*What possible opportunities exist within the routine or environment for meeting this outcome?*

- "Trot, trot, trot to London" and other games
- Moving to the kitchen for meals
- Going on a treasure hunt in the house
- Setting up an obstacle course in the living room
- Playing a direction following game
- "Cooking" in the kitchen
- Sorting laundry
- Playing hide and seek

## Who Can Help? (Brainstorm a list of possibilities.)

*Who are the family members, professionals/providers, and others who can help child/family achieve this outcome?*

- Mom and Dad
- Playgroup friends
- PT, SLP, Educator

## Possible Locations:

*Where could child/family work on this outcome?*

- Family home
- Floor time with Mom and Dad
- Monday playgroup