

# Parent Education and Mentorship

## Parent Mentorship in the Modern Era

By Dillen Hartley OT (ILS Trainer)

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### Let's Reflect for a Moment

- How much parent contact do you have?
- Is your parent a willing participant?
- Does your parent understand their child / self?
- Does your parent understand how iLS and how it works?
- Is there a clear understanding of the expectations between Parent / Child / Provider
- What does follow through and reporting look like?
- What is your parent able to do? Legitimately?

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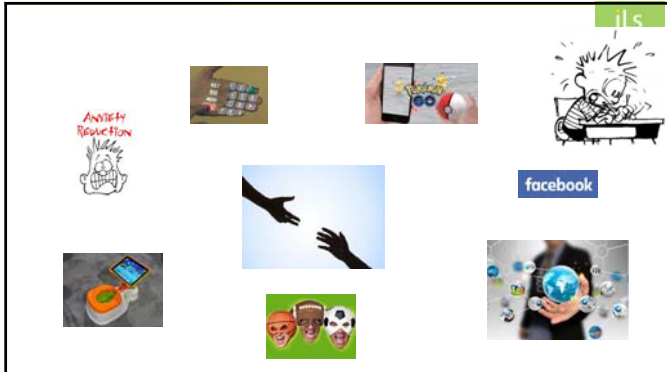
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**Is your parent listening?**

**“It is quite difficult to force your brain to stay on task and to shut of extraneous thoughts”**  
(Scientific American-Mind, 2012; Dr. Barry Gordon, John Hopkins)

**The Default Brain Network**  
(40-50% of the time is active)

- **REST:** Rapid episodic spontaneous thinking
- **TUT's:** Task unrelated thoughts
- **Mind Wandering**




Focus of attention

This is **HARD** to do. Research suggests a **maximum of 20-30 minutes** of true focus or controlled attention

Difficult due to constant presence of **external and internal** distracting stimuli that results in **attentional capture**

**Attentional Pirates**



Kevin McGrew, PhD

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**Is it worth the effort?**

**Parent involvement**

- Learning is experience dependent in a “safe space”
- Frequency and duration are critical for neuroplasticity
- Development of an effective guided relationship between the parent and the child will facilitate dynamic intelligence
- Parental reinforcement of child performance critical for functional adaptive ability and managing learned non use
- Parent understanding and success increases compliance with the program and more likely completion
- Parent support through the phases of iLS program enhance the experience and help prevent regression



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**EXPECTATIONS**



I think I might like learning to play golf like this

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### What does the research say?

- Providing parent training has been found to reduce parental stress (Moes, 1995; Smith, Buch & Gamby, 2000; Tonge et. al, 2006), an increase parental optimism and parent leisure / recreation time (Koege et.al.,1982).
- Evidence from behavior genetics research and epidemiological, correlational, and experimental studies shows that parenting practices have a major influence on children's development. (Collins WA, Maccoby EE, Steinberg L, Hetherington EM, Bornstein MH, 2000)
- Studies have indicated that when mothers have higher knowledge of infant and child development, they show higher levels of parenting skills (Huang KY, Caughy MOB, Genevro JL, Miller TL, 2005)
- Parental management style and affective involvement may be especially salient for children's prosocial development, self-control and internalization of behavior standards. (Campbell SB, 1997)
- Dynamic intelligence evolves through experiences within a guided relationship with the parent. (Gutstein , 2009)

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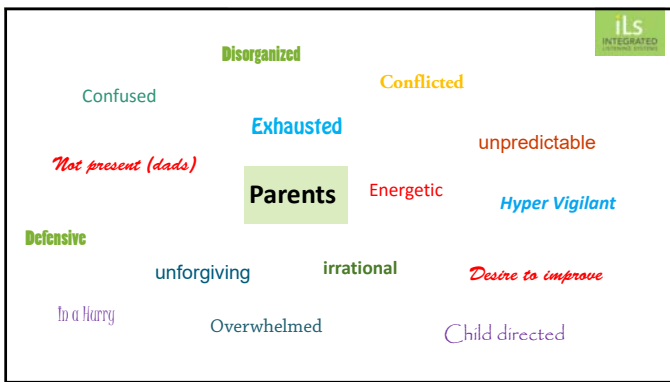
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### Traditional Parent Training

- Hand written notes or activities
- Demonstration in short amount of time or bursts of related material
- Worksheets and printed materials
- Observation and imitation of client sessions
- Parent self training through existing internet searches.

Typically the parent reports their compliance with the program

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## So how do we reach parents?

1. Understanding comes through self discovery
2. Profile your parents and present information in small amounts.
3. Listen / Listen / Listen
4. Relate / Relate / Relate
5. Have a plan - be intentional
6. If you have a plan: Find a quiet space and set a different time... **(NO KIDS)**
7. Face Time with DAD

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## How do I explain iLS

- We all have a different experience – use your own personal experiences
- My explanation:
  - Explain how child relates to the world
  - iLS delivers sound, vibration and movement to help support an state of organization they may not be able to reach on their own all of he time
  - It's input into an individuals system that their child needs – relate early development
  - iLS is a tool to support the child's experience and challenge their system to adapt through experiences in the clinic and at home so that they can access greater resources.
- Use the MFA to support your recommendations
- Direct parents to iLS website

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## Supporting Parents

- Waiting Room and transitions
- Supporting organizations
- Take a lot of video (with permission)
- Identify your parent champions
- Use the MFA to support your recommendations & show progress
- Support groups




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## Video Mentoring

Forrester Research estimates one minute of online video equates to approximately 1.8 million written words.

- We learn better from videos.**
- We have shorter attention spans.**
- We're too busy for typical Learning methods.**
- We want access anytime, anywhere.**
- Visual reminders increase compliance**



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## YES, we are creating training videos

Video Logistics

- Video will be created for Parent / Caregivers
- Will be short & sweet and specific (5 minutes)
- Web based access to content
- Tied into customer support at iLS
- Approved by iLS administration

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## Parent Training

- Housed on Teach me Morpheus Website
- Accessible to anyone looking for training / support
- Continuously adding material and growing data base
- Content that covers home rental and general parent / caregiver training
- Will include Dreampad ideas and application
- Continuously updated

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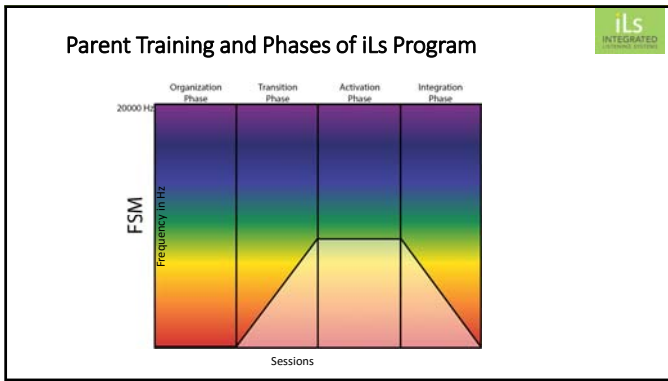
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- ### Parent Video Content
- How do I get the whole family involved in iLs at home?
  - Ideas for placing the Dreampad?
  - What activities can I do at home in addition to the Playbook?
  - How do I deal with avoidance behaviors and meltdowns?
  - How do I help my child build friendships?
  - How do I explain iLs to extended family members?
  - Sensitivity to sound.. What do I need to know and how does iLs help?
  - Managing transitions... how do I practice transitions with iLs?
  - Communicating with my child with an Auditory Processing difficulty?

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### Additional information

<https://www.teachmemorpheus.com/>  
Will house parent video with search options

[https://www.cdc.gov/violenceprevention/pdf/parent\\_training\\_brief-a.pdf](https://www.cdc.gov/violenceprevention/pdf/parent_training_brief-a.pdf)  
Interesting literature review on parent training

<http://www.aid-1.org/>  
Non-Profit

[integratedlistening.com](http://integratedlistening.com)  
Look for updates on Best Practice Video's

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## What's Next?

Share your ideas and needs – Get involved

Contact iLS with content ideas and parent needs

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## Questions

Thanks

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