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The Growth of Self-Regulation: A cornerstone of the first years.

Explore the world of the infant from both parent and infant points of view. This course will focus on the issues of self-regulation which infants are learning over the first years of life. Parents and infants are intertwined during this dynamic period of development, so parent perceptions will be an integral part of the day. Early models of infant assessment which use parent participation will be explored. Lectures, case studies and problem-based learning will apply evidence to clinical case decision making and programming to enhance child development

Key points:

- Parents enjoy learning about their infant.
- Parents are focused on day to day issues of eating, sleeping and behavior.
- Early assessment requires parent participation
- Self-regulation is a dynamic model for creating day to day intervention choices that parents can use
- Evidence supports actively involving parents in goal creation and decision making

Learning Objectives: Upon completion of this course, the student will be able to:

1. Appreciate both the parent and infant's point of view
2. Understand importance of self-regulation as a foundation for development
3. Encourage and engage parents' participation early in intervention processes
4. Use parent models to create intervention choices and strategies for family environments.
5. Be aware of the evidence available for involving parents.

Outline

- 8:30 INTRODUCTION: Who is this infant? Activity #1
- 9:00 From Neurons to neighborhoods: Development based on self-regulation
- 10:15 Break
- 10:45 Engaging and involving parents early in assessment/intervention processes
- 12:00 LUNCH
- 1:00 Strategies for intervention: Activity #2
- 2:00 Parents, resilience and social capital: considerations for programming to enhance child development
- 2:45 Break
- 3:15 Tips for application across environments: Activity #3 and #4
- 4:30 END/Optional Questions