



IMPACT

Improving **P**arents **A**s **C**ommunication **T**eachers is an ABA parent coaching program that teaches parents of young children evidence-based strategies to support their child's **social engagement, communication, imitation, and play.**

ImPACT is a **naturalistic, developmental, and behavioral** intervention.

Naturalistic

Teaching occurs during play and daily routines

Developmental

Supports the parent-child relationship

Behavioral

Uses ABA teaching and learning techniques

Philadelphia Infant Toddler Early Intervention now uses **ImPACT** in homes with families, since parent coaching is **best practice for supporting parents and young children** in EI. We plan to use ImPACT in Early Learning and Child Care in the future.

What can parents expect?

- **Work together with your coach** to set **individualized** goals, learn, practice, and problem solve challenges
- You and your child meet with a coach for **2-hours twice a week** over several months
- Sessions **focus on teaching you** how to teach your child
- **Practice** what you learn **daily** during play or routines



The interventionist meets regularly with the family to monitor progress and provide on-going support

Between sessions, parents practice using the skills they've learned from the interventionist



What are the benefits of parent coaching?

- **Helps child use and transfer new skills** to every day settings
- Meets recommended **25 intervention hours a week** with coaching and practice
- **Helps parent feel more confident** in supporting their child
- **Improves the parent-child relationship and decreases parenting stress**

To learn more about the evidence base for interventions like Project ImPACT, visit:

NPDC-ASD (2014): autismpdc.fpg.unc.edu/

National Standards Project (2015): www.nationalautismcenter.org/national-standards-project/



Frequently Asked Questions

How can I know if ImPACT will work for my family and my child?

ImPACT uses an **individualized approach** where your coach works with you to choose social communication goals, strategies, and activities that are most important to you and your family. The strategies are based on a long history of research in child development and ABA. There's a lot of **research evidence** showing that this program **helps children build skills** and **helps parents feel more confident** in addressing their child's needs.

This sounds like it is a lot of work for me. What if I don't have time to practice?

This approach does require more parent participation than other programs, but parent involvement is a core feature of Early Intervention. Your coach will work with you to come up with a plan that works for your family's schedule and routines. The goal is to **teach you to use the strategies during activities that you already do** with your child every day. Some parents set aside other time to practice at the beginning, but we know this isn't always possible. By the end of the program the strategies will be simple to use throughout the day without adding another thing to your list!

I was told my child should get ABA. Is this program ABA?

Yes, it is. Since it is for young children and their families, it might look different from other ABA programs. ABA, or applied behavior analysis, is a set of principles that guide certain intervention programs. ImPACT was co-developed by a Board Certified Behavior Analyst (BCBA). It **teaches you to use ABA strategies** to build your child's social communication. ImPACT uses naturalistic and developmental principles, in addition to ABA, **to help you engage your child in learning** throughout play and daily routines.

I think my child needs speech therapy instead of Project ImPACT. What is the difference?

Many of the strategies used in ImPACT are **the same as those used in speech therapy**, since ImPACT was co-developed by a Speech Language Pathologist (SLP). Whether you work with an SLP or not, **you can learn strategies to help your child communicate** from your coach. Your coach can help you decide if work with an SLP is needed to help your child develop other kinds of communication skills.

What if I think my child needs more intensive services or I like the services I am already getting?

ImPACT isn't meant to take away from services that your child needs, but it **helps to bring together the most effective strategies and skills** in a way that works for parents of young children with social communication delays. The program will help your child adjust to the types of strategies used in more intensive center-based programs, and help you learn the vocabulary and strategies that are involved in other services. This program is a great way to help you and your child build skills you need to help your child be successful as they grow.

Are you recommending this class for me because I need to learn how to be a better parent?

This is not a parenting class. This is a way to give you some strategies to interact a little differently with your child since they are learning a little differently than some other children. The coach will learn about your child from you, and then will work with you to choose specific strategies that will help your child.

I want to participate in this program. What will I be doing in these sessions?

Appointments usually start by reviewing strategies with your coach and talking about how it is going at home. You might read about the strategies and watch videos of other parents using them. **The coach shows you how to use the strategy** with your child and **coaches you while you practice** for most of the session. The coach will also talk with you about the best ways to use these strategies at home that work for you and your family.

What happens when the program is over?

We will continue to work with you on practicing these skills and decide together what the next steps are for your child. **The end of the program does not mean that it is the end of your child's services.** We know that this is only one part of what your child might need to meet their goals.