



## Making the Most of Your Visit

**Parents and Caregivers:** You know your child best. You have valuable information about your child. Early interventionists need your input as much as you need theirs. Children learn best in familiar settings from people they know well. Remember you are your child's best teacher.

### Before the Visit

- **Be prepared.** Schedule your visit at a convenient time, with as few distractions as possible. Review your IFSP. Decide how other family members will be involved. Let the interventionist know what you want to discuss. Write down any questions that you may have had since your last visit.
- **Be ready to share what has happened since your last visit.** Make a list or mental note of things you think are important to share such as a trip to the doctor or a change in routine. Think about the suggestions that have worked well and those that have not.

### During the Visit

- **Share information about the time since your last visit and upcoming activities for your family.**
- **Practice strategies with coaching from your interventionist.**
- **Ask questions.** Make sure you understand what is being said and what you are working on together. If you are not sure about something, just ask. Don't be shy. If it helps, ask for information in writing or a visual reminder of the strategy.
- **Discuss ideas and activities for carry-over between visits.** Time between visits is more important than the visit itself. Together with the interventionist, discuss activities that occur naturally in your child's day and ways to incorporate strategies into those activities. Think about how to incorporate these into daycare.

### After the Visit

- **Try out the suggested activities.** What is working? What isn't?
- **Make a note of it.** Remember to make a mental note or keep a notebook for questions that come up between visits.
- **Have fun.** The best teaching and learning occurs when you and your child are having fun together.
- **Celebrate Successes-**yours and your child's, no matter how big or how small!

### Remember

- **Call your service coordinator if you have any concerns or questions that your early interventionist cannot answer.**