



# PromOTing Parent Engagement: An Occupation-Focused Workshop Series

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## Description of Site

Thrive Pediatrics is a pediatric clinic located in Redlands, CA. Services include outpatient occupational therapy, physical therapy, speech therapy, and infant education program. The target population of the doctoral capstone experience was early intervention specialists. They assist families in the home to meet developmental milestones for infants and toddlers ages 0-36 months.

### Thrive Pediatric's Mission Statement

"To ignite and make real a joyful life for our youngest citizens through meaningful relationships and exploration" (Thrive Pediatrics, 2020a, para. 2)

## Summary of Needs Assessment

### Parent Engagement is Challenging

A common challenge regardless of experience, was encouraging parents to participate during sessions and completing activities

### Using Telehealth to Deliver Effective Parent Coaching

Due to the novel nature of Telehealth, there was a need for additional training and education on parent coaching

### Evidence-Based Curriculum for Early Intervention Specialists

An evidenced-based curriculum to serve as a guideline on appropriate ways to encourage developmental milestones

### Parents/Caregivers are Stressed

Stress was commonly observed among parents, which impacted the ability for the parent to engage in sessions

## Literature Review



Family context impacts parents' ability to engage due to factors such as stress, self-efficacy, and health literacy (D'Arrigo et al., 2020; Hackworth, et al., 2018; Jimenez et al., 2013)



Telehealth in early intervention is effective in producing parent self-efficacy and child outcomes (Cole, et al., 2019; Little et al., 2018)



Parent coaching enhances parent self-efficacy, problem-solving skills, and participation and increases child outcomes (Little et al., 2018)



Additional skills are required to work with families, such as teaching adults (Cole et al., 2019; Roggman et al., 2016; D'Arrigo et al., 2020)

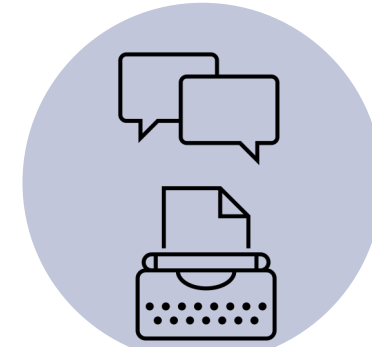


There is limited training and education on working families within higher education curriculum (Cole et al., 2019; Roggman et al., 2016)

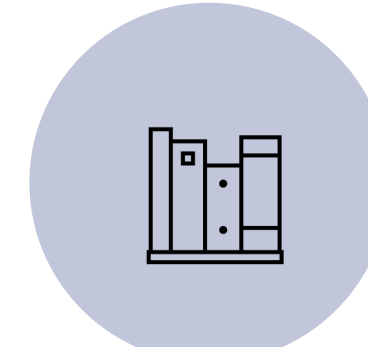
## Learning Objectives



Developed and implemented an educational workshop series for early intervention specialists to promote parent engagement



Increased and verbal communication skills to demonstrate occupational therapy's value in serving as a consultant



Created informational brochures on the 8 Dimensions of Wellness and self-compassion for staff to provide parents

## Project Description & Implementation

Weeks 1-5: Observations of staff and research of factors that impact

Weeks 6-13: Development and implementation of workshop series, resources, and brochures

Week 14: Debrief with stakeholders and in-service presentation

- 4-part workshop series via Zoom during lunch hour, bi-weekly
- Inclusion criteria:** early intervention specialists at Thrive Pediatrics
- Exclusion criteria:** therapy staff at Thrive Pediatrics
- Participants were recruited via a flyer and announcement during a staff meeting
- Participation was voluntary and those who attended all 4 workshops received a certificate of completion. Attendance of at least 1 workshop met a staff requirement

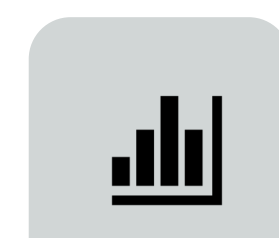
Workshop 1: Analyzing the Context (6 participants)

Workshop 2: Adult Learning & Health Literacy (5 participants)

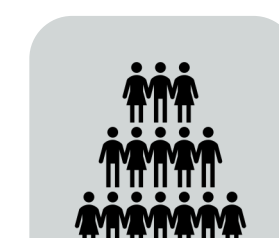
Workshop 3: Behavior Change & Parent Coaching part 1 (8 participants)

Workshop 4: Parent Coaching part 2 (9 participants)

### Teaching Strategies Utilized



Poll Everywhere



Large Group Discussions



Small Breakout Rooms



Self-reflections



Role Playing

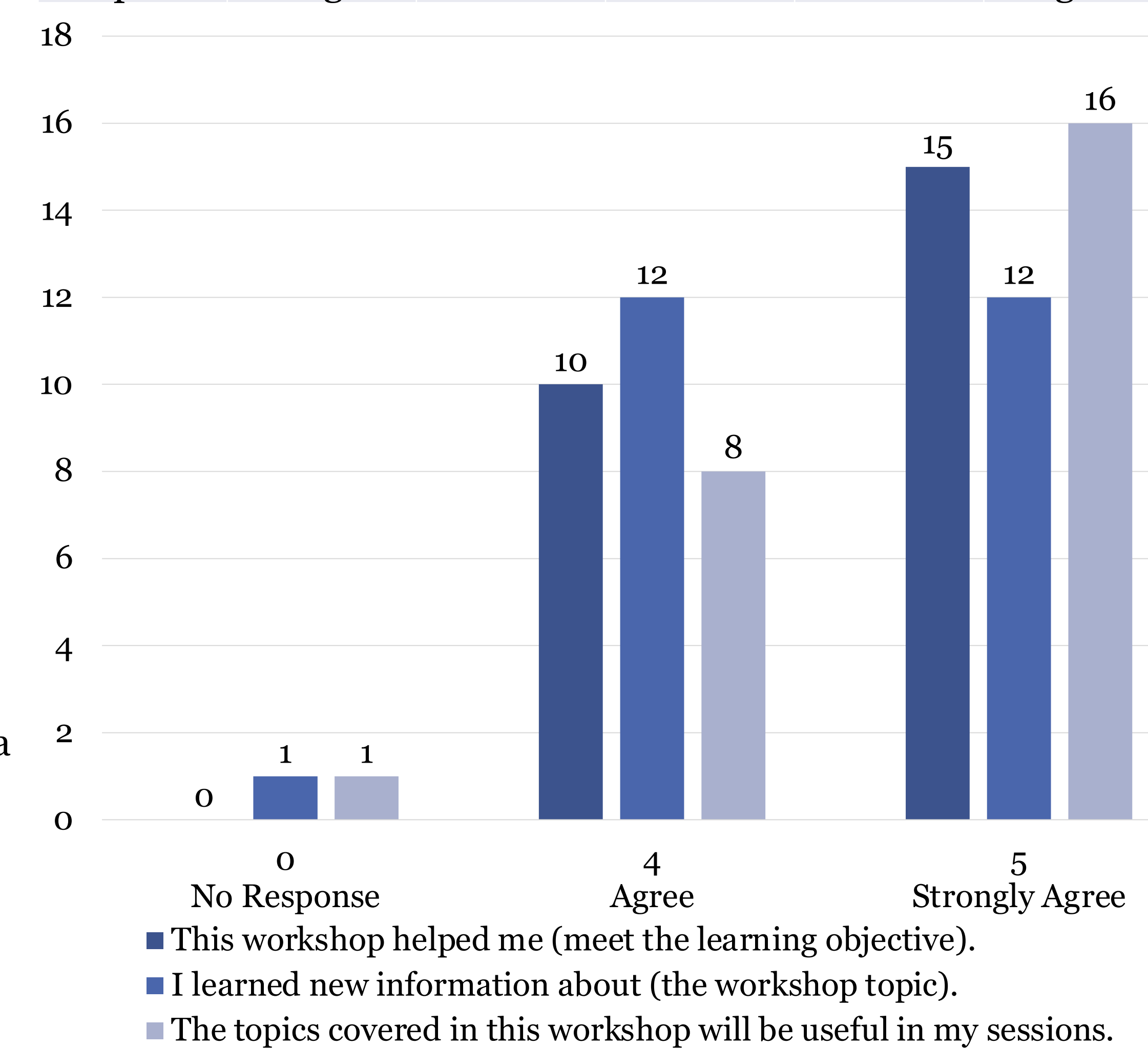
## Evaluation & Outcomes

The workshop series was evaluated using online surveys sent after every workshop and a focus group. Overall, there were positive views on the workshop series.

### Online Survey

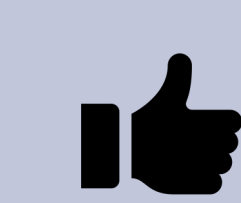
In total, there were 11 different early intervention specialists who attended at least 1 workshop. 28 surveys were sent out, 25 surveys were received. Each question was rated on the following scale:

0	1	2	3	4	5
No Response	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree



### Focus Group

The focus group was conducted via Zoom with 7 participants. The following themes were generated from the focus group:



### The workshop series was helpful

"As a new hire, it was helpful to attend the workshops before working with families." – newly hired infant teacher



### New information was learned

"I never thought about it like that." – infant teacher with 5 years of experience



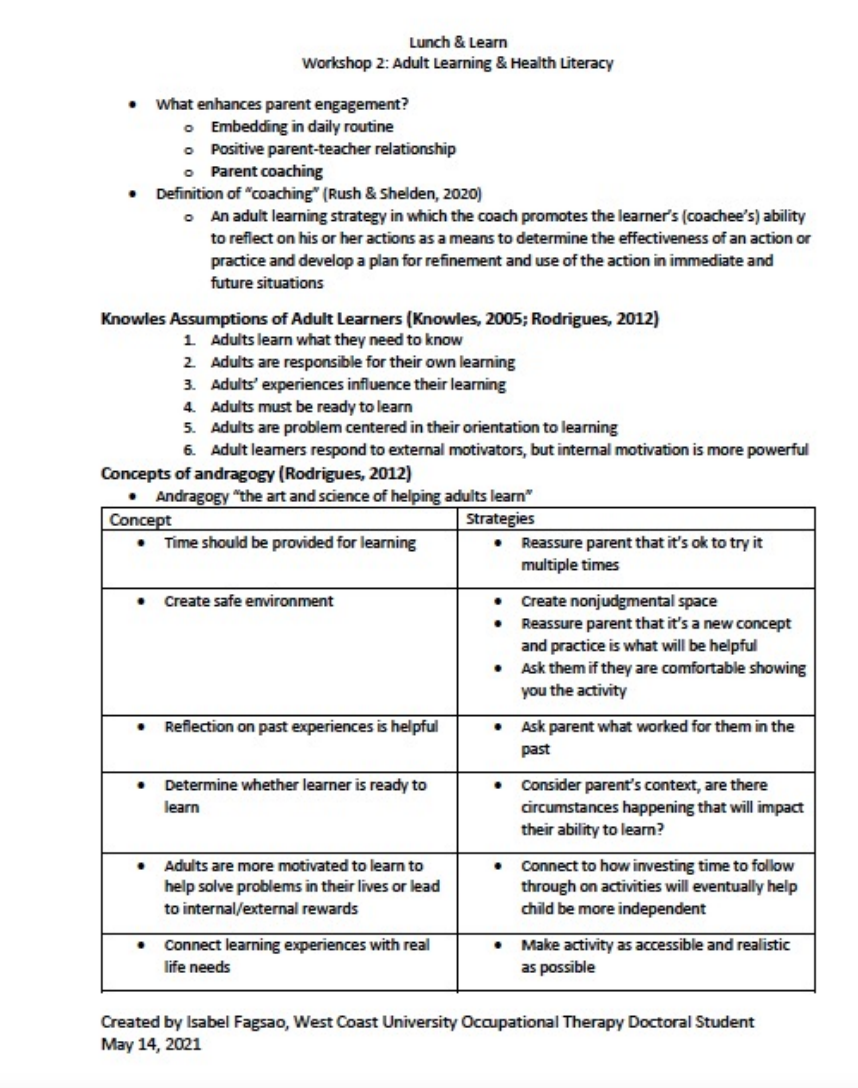
### Increase in teacher reflection

"The workshops helped me think about what I can do in my sessions." – infant teacher with 3 years of experience

## Summary of Deliverables



4-part workshop series on parent engagement stored on Thrive Pediatrics' online database



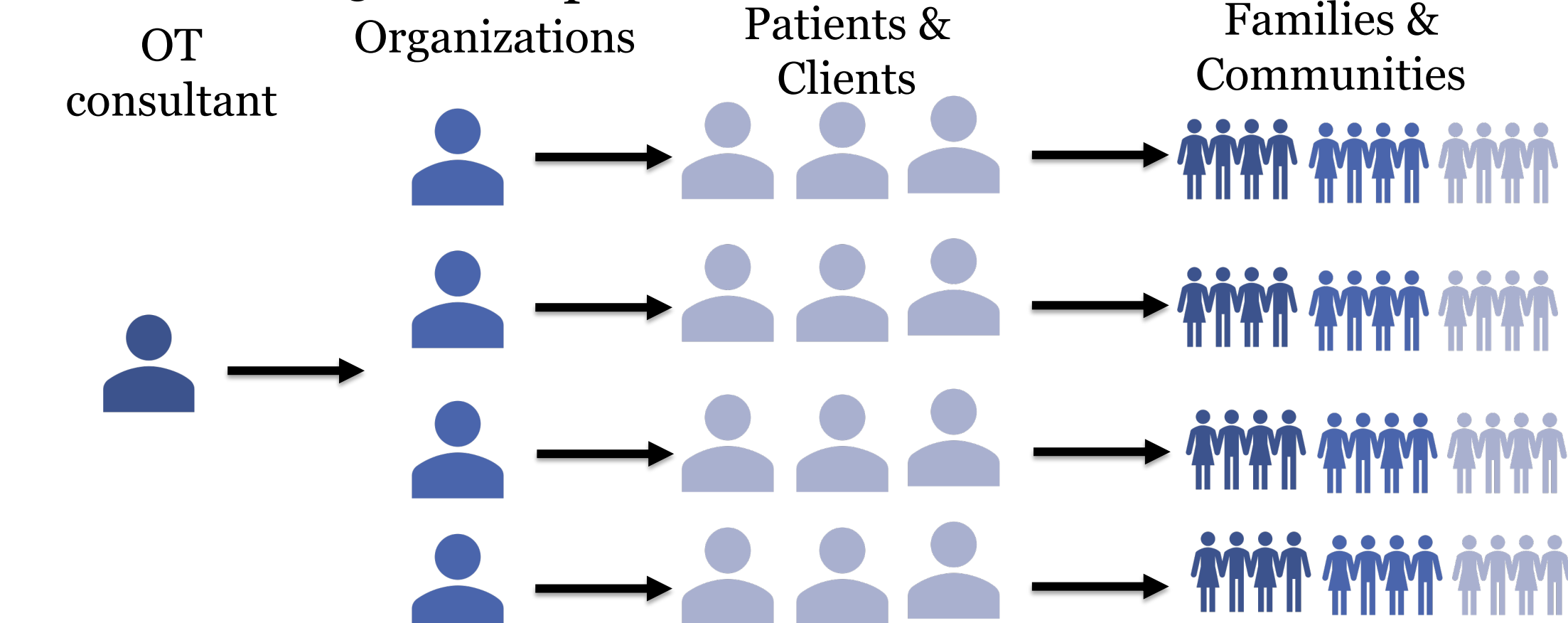
Detailed, evidence-based workshop outlines and resources for staff



Brochures on self-compassion and 8 Dimensions of Wellness

## Discussion & Implications

The capstone project helps fill the gap of limited training and education on working families (Cole et al., 2019; Roggman et al., 2016) by providing early intervention specialists with occupation-focused, evidenced-based strategies to promote parent engagement. Occupational therapists (OTs) possess valuable skills and knowledge to enhance performance of occupations. Serving as consultants to transform organizations by providing education to key staff and stakeholders can ultimately fulfill Vision 2025 and impact communities.



## References

Available upon request