



Early Intervention Family Guide

Welcome!

Raising young children in this technology 🏠 driven 21st century is quite a challenge!

Young families are facing the challenge of navigating obstacles like touchscreen devices, social media, and streaming services...all without a roadmap 😞

This **free** Early Intervention Family Guide has been designed to help families like yours learn how to problem solve these 21st Century obstacles...and ultimately, raise successful children that grow into productive young adults.

Over three sections, you will learn how to:

Problem solve ✅

Implement solutions 🎯

Monitor progress 📈

Let's get started!



Section 1 - Problem Solving

How to identify challenges that are preventing young children from being successful

According to [Empowering Parents](#), the truth is that the list of challenges parents will face...doesn't end!

Decades of experience serving families both in school settings and at home...confirm this is true!!

So, let's be honest.

The most effective Families are the ones that are the best problem solvers.

Both the Parents & Children.

Your goal for this section is to identify and document (write it down!) a problem solving structure your family can find consistent success with.

Examples of problem solving [strategies](#) are all over the internet...Identifying *which* strategy works best for your family is the only thing that is important

Do this now:

- Read a bit about different problem solving strategies
- Write down 2-3 that you think will work best for your family
- Over the next 2-3 weeks, one week at a time, implement each of the strategies, and complete daily & weekly reflections (Journal, Discuss) in order to collect & consider data (information)
- Once the data makes clear which strategies will work best for your family, you are ready for consistent implementation!



Section 2 - Implementing Solutions

How to utilize structures, routines, and consistency to ensure children have the tools to be successful

Now that you have a consistent way to identify and solve problems, it's time to implement solutions!

This [guide](#) from Impact Parents provides a nice foundation for families to read or listen to in order to set a solid foundation.

At Strive, the implementation structure our families have found the most consistent success with looks like this:

- Ask questions, listen to the answers, restate the answers, guide the child to the correct goal
- Teach the goal (modeling/Role Play)
- Encourage/Remind about positive choices (towards the goal)
- Reinforce (praise/reward) positive choices

Do this now:

- Write down the structure you want to implement this week
- Include each step of your structure, and who will be responsible for implementing it



Section 3 - Progress Monitoring

How to collect & analyze data in order to maintain progress/success

Ok, you have identified your solution(s), are implementing new structures & routines to help create the change you want in order to meet your goals....nice work!

Now it's time to maintain your progress, and that means analyzing data.

We know that sounds silly in the home environment, so let's look at some example data points that can be observed, measured, & analyzed...ultimately leading to our families being able to make adjustments as needed!

Example data points:

- Screen-time management
 - Does your child keep their phone with them all night, rather than turning it in to parents each night?
 - Does your child have social media accounts...that you know about?
 - Does your child doom scroll...?
- Sleep health
 - Does your child get 7-10 hours of sleep each night, consistently?
 - Is your child well-rested and ready to be successful at school each morning?
- Social Skills
 - Does your child have proper manners, at home, in public?
 - Does your child regularly express gratitude?
 - Does your child have a positive friend group?

By considering the answers to these questions (and many more)...your family can start effectively progress monitoring their children's path towards making growth toward their goals!

Do this now:

- Write down your answers to the questions above
- Based off your answers, create a plan for how you will use your newly identified structure in order to...

Problem solve 

Implement solutions 

Monitor progress 



Conclusion

If you have made it to the end, great work!

Our goal was for your family to learn how to problem solve , implement solutions , and monitor progress .... In order to help you become effective and consistent parents.....leading to successful young people!

If you would like more support, please reach out to Strive - Family Services & Supports at Strivefss.com