

JOINT PLAN

Quick Reference Guide

What is Joint Planning?

- 1 of the 5 characteristics of coaching in early intervention (EI).
- “Sandwiches” the EI visit - occurring both at the beginning and end of the EI visit.
- The Joint Plan at the end of the EI session helps families develop a “best plan of action” (Woods, 2021) for WHO will do WHAT (Rush & Shelden, 2020) between EI visits.

Why is the Joint Plan important?

- Infants and toddlers need many supportive, encouraging opportunities to grow the skills that lead to increased participation and independence in the activities that are meaningful to them and their families.
- Helps families set up **frequent** opportunities for learning across their child’s day. Infants and toddlers need lots of supportive, encouraging opportunities to grow the skills that lead to increased participation and independence.
- Adults need support to construct a Joint Plan that is meaningful, doable, and memorable!

1

Meaningful = focused on family priorities

2

Doable = allows the infant/toddler multiple opportunities to learn without increasing stress for adults

3

Memorable = cues adult to implement the strategy during an established and frequently occurring activity in the family’s lives

How does the SC/EI Provider facilitate the development of the Joint Plan?

1

Select the **“WHAT”**: Ask open-ended questions to help the family decide what strategy they would like to try out between visits. (Make it **meaningful**)

2

Decide the **“WHO”**: Help the family decide who in the child’s life will implement the strategy (Make it **doable**)

3

Determine the **“WHEN”** & **“WHERE”**: Choose an already established activity or routine and talk through how the family will embed the selected strategy into that activity or routine. (Make it **memorable**)



ATOMIC JOINT PLAN

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Leverage Habit Science Principles to Develop Joint Plans Families will Implement. Guide families through each of the following steps.

The case study example below illustrates the Atomic Joint Plan process.

Outcome: Sammi (20 months) will feed himself 3 different finger foods, chewing and swallowing the food during dinner with his family, five evenings per week for two weeks.

Focus During Visit: Provider observed the lunch routine. Sammi refused and pushed away finger foods and foods with a variety of textures fed by spoon. Drank milk from sippy cup, ate puree from pouch. Dad practiced modeling smelling the food on his plate and offering Sammi a fork to poke the finger foods to clean them off the tray.

Laws of Habit Science	Joint Plan Formula	Case Study Example
Step 1: <u>Make It Intentional</u> Ask open-ended questions to determine the WHAT, WHO, WHEN and WHERE for the Action Plan.	[WHO: Family member's name] will [WHAT: Strategy] in [WHEN/WHERE: Routine/Time of Day/Location].	Sammi's dad will roll a textured ball back and forth with Sammi while waiting for his big brother to get off the bus in the front yard.
Step 2: <u>Make It Obvious</u> Use a well-established event/activity in the family's day to cue the adult to carry out the joint plan activity.	After [ADULT] [ESTABLISHED EVENT], [ADULT] will [WHAT: JOINT PLAN ACTIVITY].	After Sammi's dad puts on shoes and jackets to go outside, he will bring the textured ball along to roll with Sammi.
Step 3: <u>Make It Attractive</u> End the joint plan activity with a "dopamine boost" for the adult and add a rewarding activity (for the adult) to the close of the joint plan activity.	After [WHAT: JOINT PLAN ACTIVITY], [WHO] will [REWARDING ACTIVITY].	After Sammi's dad rolls the textured ball with Sammi, he will shoot a few hoops. (Sammi's dad likes active play; he spends lots of time outdoors.)
Step 4: <u>Make It Easy</u> Set up the environment, prepare, remove obstacles.	Work together during the EI visit to prepare the environment, anticipate and remove obstacles	Put balls in a bin/bag next to Sammi's shoes in the entryway
Step 5: <u>Make It Satisfying</u> Build up confidence and focus on the system, not the person.	Start with the 2-minute rule: "What does it look like to implement the Joint Plan activity for just 2 minutes?" Celebrate implementation of the joint plan activity for 2 minutes and shape to expand the frequency and duration.	Start with just 2 minutes of ball play. Shape with success.