



### **5Rs to Healthy Brain Development: Relationships, Responsive Interactions, Respect, Routines, Repetition**

Lucy, Angelo's mother, referred Angelo, 19 months old, to early intervention for language and behavior concerns. Angelo says "mama" and cries to get his needs met. Lucy reports Angelo has a hard time with transitions and adjusting to new people and places. His father, Thomas, recently returned from deployment after 1 year. This has been exceptionally hard because Angelo clings to Lucy all day and cries if she leaves the room. Angelo has begun waking up several times at night. His mother is feeling overwhelmed and tired because it is hard for her to take care of things around the house. Thomas stated he feels frustrated because Angelo cries no matter what he does and he cannot figure out what he wants.

Lucy's parents live in another state, but come to visit to help her care for Angelo frequently.

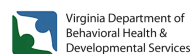
As the practitioner, you gather information about Angelo and his family. You observe him crying when placed on his father's lap.

**Think about the 5R's of Healthy Brain Development. As the practitioner, how can you help support Angelo and his family?**

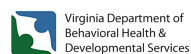


## 5R's to Healthy Brain Development Answer Key Example

Child Goal or Outcome:	Angelo will use 2-3 word phrases to share his feelings (sad, tired, happy), ask for what he wants (legos, snack, outside), and/or talk about things in his home (book, water, bed) 5x daily over 3 weeks.	
5Rs	Reasons of Impact	Strategies to Support Child
<b>1. Relationships</b>	<p>His father just returned from deployment after being gone 1 year.</p> <p>His mother has been the primary nurturing caregiver with help from grandparents.</p> <p>Adjustment to new people is hard for Angelo.</p>	<p>Highlight strengths between Angelo and his father. Identify what makes Angelo laugh and smile to increase opportunities for his father to join in those activities (ex: loves to play with his legos).</p> <p>Determine ways you can include grandparents in early intervention (ex. Facetiming to read Angelo his favorite book)</p> <p>Identify opportunities for Angelo to greet other people by waving or using words (ex: outside at the park).</p>
<b>2. Responsive Interactions</b>	<p>His mother is feeling stressed because Angelo is clingy. It is hard for her to balance household activities and responding to Angelo.</p> <p>His mother is tired from Angelo waking at night frequently.</p>	<p>Acknowledge the stress Angelo's mother is experiencing. Reflect on times she can promote her own self-care. Highlight Angelo's mother's strengths in her responsiveness to Angelo and educate on serve and return interactions to promote healthy brain development.</p> <p>Address family's concern conducting an IFSP review to add goal to support Angelo sleeping through the night.</p>
<b>3. Respect</b>	<p>Angelo wants to be near his mother to feel safe and secure.</p> <p>He cries and says "mama" to express his needs. He lacks vocabulary to express needs and feelings.</p>	<p>Provide feedback on his mother's attempts to respect Angelo's feelings when he is upset.</p> <p>Facilitate a team discussion on ways to respect Angelo's feelings and increase vocabulary. (ex: providing choices).</p>
<b>4. Routines</b>	<p>Angelo's family is adjusting to his father returning home from deployment.</p> <p>Transitions are hard for Angelo.</p>	<p>Identify routines Angelo's father can help support him. Educate family on child development.</p> <p>Explore transition times with the team including the parents' priorities for Angelo.</p>



<b>5. Repetition</b>	Angelo's sleeping patterns reinforced by his frequent wake ups.	Explore all patterns reinforced in Angelo's life. Identify challenges to address such as sleeping and other learning opportunities. (ex: Parents may want to focus on Angelo saying "dada").
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## 5R's to Healthy Brain Development

Child Goal or Outcome:		
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2. Responsive Interactions		
3. Respect		
4. Routines		
5. Repetition		

