

“Atomic” Joint Plans

Leveraging Cognitive Neuroscience Research to Help Families Implement Joint Plans



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Aligned Professional Competencies and Frameworks



Division for Early Childhood (DEC) RPs

F5: Practitioners support family functioning, promote family confidence and competence, and strengthen family-child relationships by acting in ways that recognize and build on family strengths and capacities.

Aligned Professional Competencies and Frameworks



Knowledge & Skills for Service Coordinators (KSSC)

2.3: Promote engagement and family capacity-building to address their priorities and concerns, by supporting them to identify opportunities to achieve goals for their family and child's development and learning.

Aligned Professional Competencies and Frameworks



Pyramid Model Framework (PMF) Key Practices



Today's Objectives



Examine the relationship between **evidence-based interventions** in the home and habit formation



Use a cognitive neuroscience lens to understand **why, where, and how habits are formed** ("Habit Science 101")



Apply findings from **habit science research** to the coaching process

What are “Atomic Habits”?

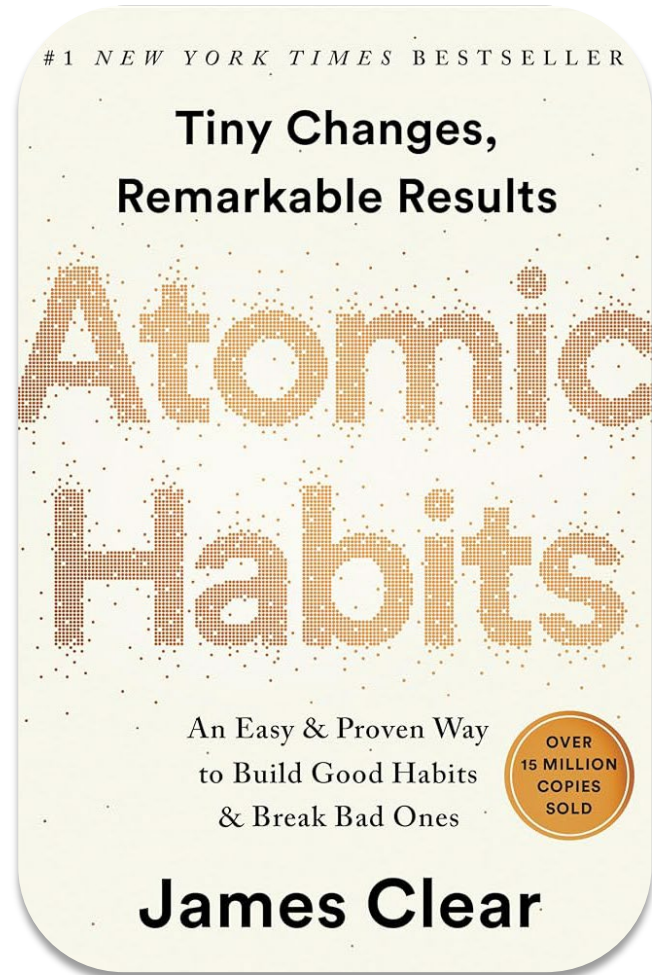
Habit

a routine or practice performed regularly; an automatic response to a specific situation

Atomic

extremely small; source of immense energy

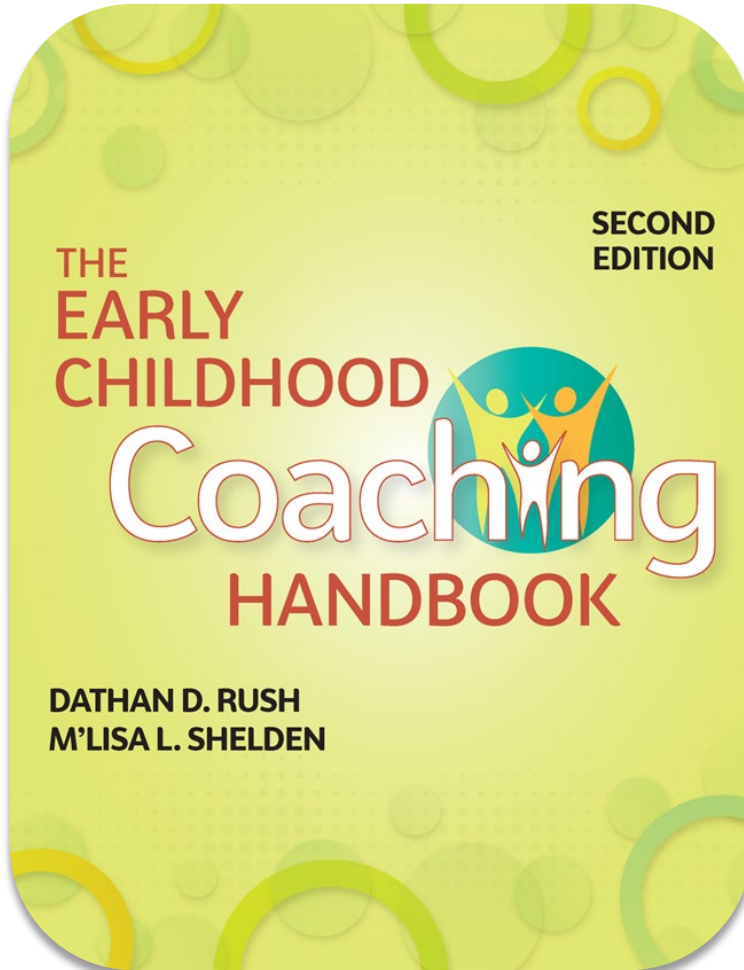
(Clear, 2018)





Have you ever been **frustrated**
with or challenged by either of
the following situations?

Joint Planning as a Tool to Support EBP Implementation



The coach **begins** every coaching conversation by **reviewing the previous joint** plan and asking what the coachee did between conversations to implement the plan.

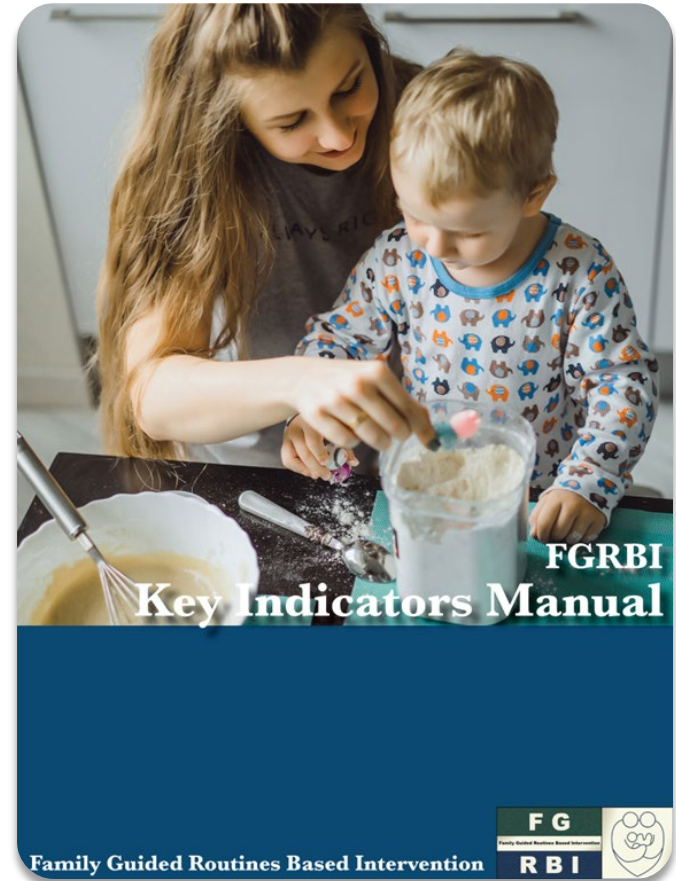
The coach **ends** every coaching conversation with a **plan of who is going to do what by when**, based on the actions and ideas discussed.

Asks caregiver to **update intervention implementation** since last visit

Encourages caregiver to **describe what it will look like** when the intervention is working

Engages caregiver to lead the **development of a “best plan of action”** for embedding intervention in multiple routines and activities throughout the day

(Woods, 2021)



Evidence-Based Practices (EBPs) in EI

Examples of EBPs:

- Routines-based intervention
- Embedded learning opportunities
- Naturalistic language intervention
- Family implemented Interventions

hab·it

/ˈhəbət/

a routine or practice
performed regularly; an
automatic response to a
specific situation

synonyms: routine

hab·it

/'habət/

a routine or practice performed regularly; an automatic response to a specific situation

synonyms: routine

rou·tine

/roʊ'tēn/

a sequence of actions regularly followed; a fixed program.

synonyms: habit

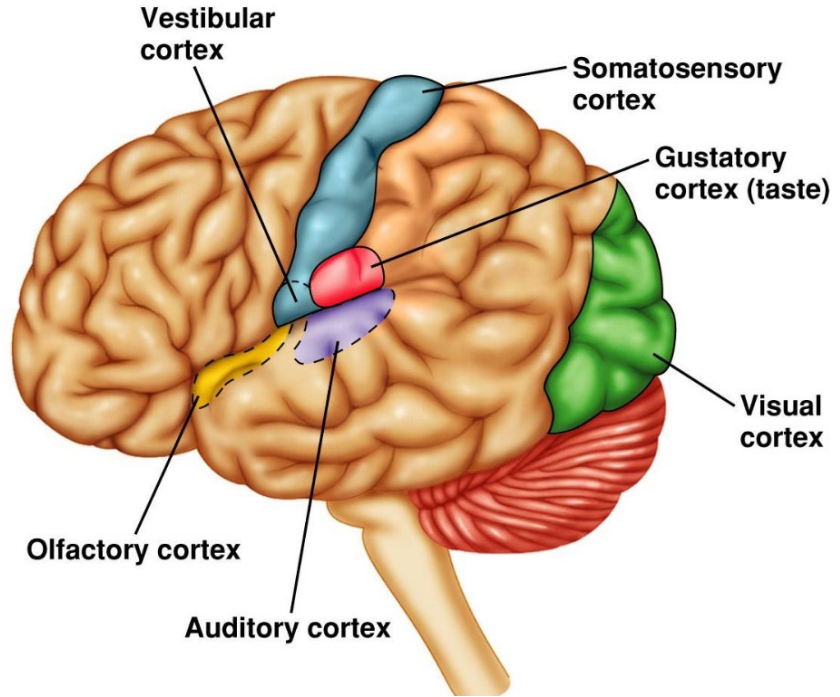
Habit Science 101: Why Habits are Adaptive

Why do our brains build habits?

Habits are adaptive, protective response to conserve energy and mental capacity to solve novel, and potentially threatening stimuli.



Habit Science 101: Neuro-Anatomy of Habits

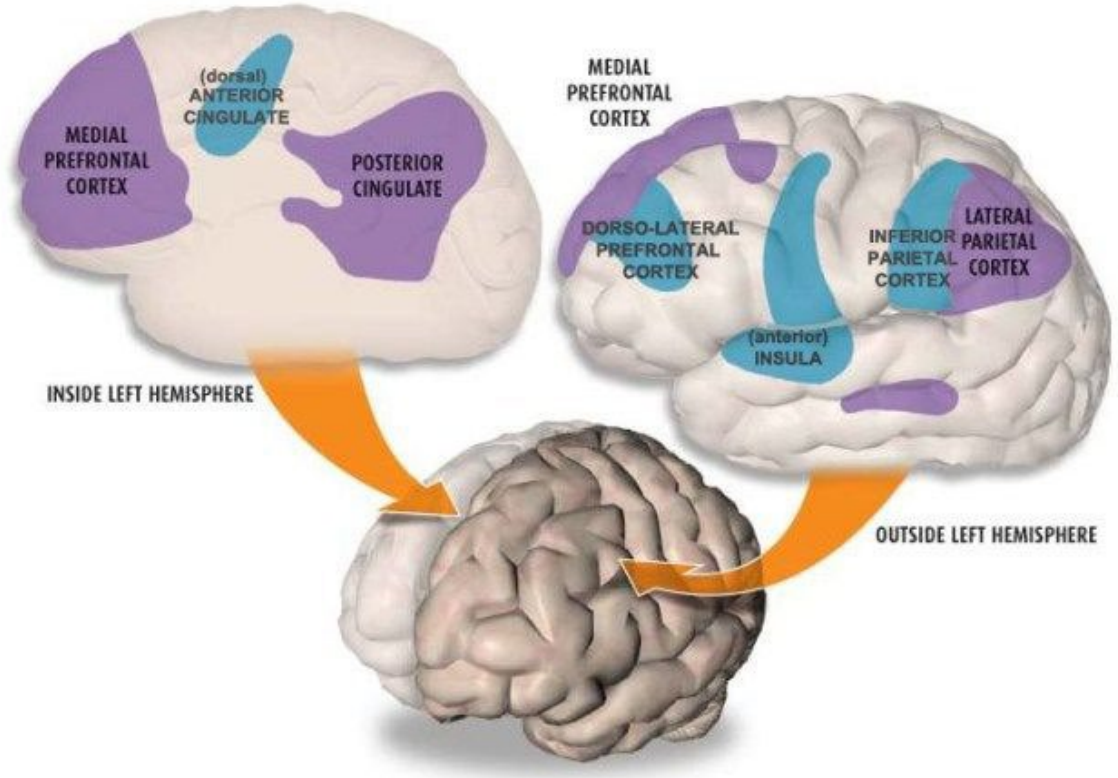


Habit Science 101: Neuro-Anatomy of Habits

THE BRAIN IN NEUTRAL

When you switch off, a distinctive network of brain areas not involved in focused attention bursts into action

● Default network ● Areas involved in focused visual attention



Habit Science 101: “Laws” of Habit Science

Habit Science 101: “Laws” of Habit Science



Cue

Make it **obvious**



Craving

Make it **attractive**



Response

Make it **easy**



Reward

Make it **satisfying**

Case Study: Sammi



Case Study: Sammi

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.



Case Study: Sammi

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.



Case Study: Sammi

Joint Plan: Dad, mom and grandma will increase Sammi's exposure to a variety of textures during toy play, outdoor play, book reading, and bath.





1 Make it Obvious

Joint Plan = Intention

Formula: I will [BEHAVIOR] at [TIME] in [LOCATION]

Routine-Based Intervention = Habit Stacking

Formula: After I [CURRENT HABIT/BEHAVIOR], I will [NEW BEHAVIOR].





1 Make it Obvious

Case Application

Joint Plan: Increase Sammi's exposure to a variety of textures during toy play, outdoor play, book reading, and bath.

Make It Obvious Intention:

Dad will roll a textured ball back and forth with Sammi while waiting for big brother to get off the bus in the front yard.

Habit Stacking:

After Dad puts on shoes and jackets to go outside, he will bring the textured ball along to roll with Sammi.



What could be an obvious intention for mom?



2

Make it Attractive



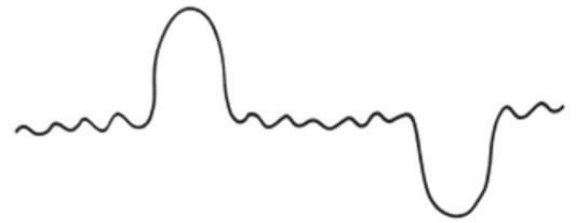
A)



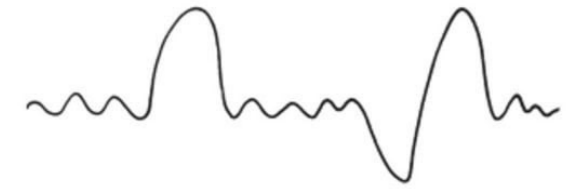
B)



C)



D)





2 Make it Attractive



Temptation Bundling

Formula: After [NEW BEHAVIOR], I will [BEHAVIOR I WANT TO DO].

Dad likes active play, spends a lot of time outdoors with Sammi

Mom loves cuddle time, story, music, and toy play



2 Make it Attractive

Case Application

Joint Plan: Increase Sammi's exposure to a variety of textures during toy play, outdoor play, book reading, and bath.

Temptation Bundling: After Dad rolls the textured ball with Sammi, he will shoot a few hoops.



What are some ways to make sensory exploration to mom?



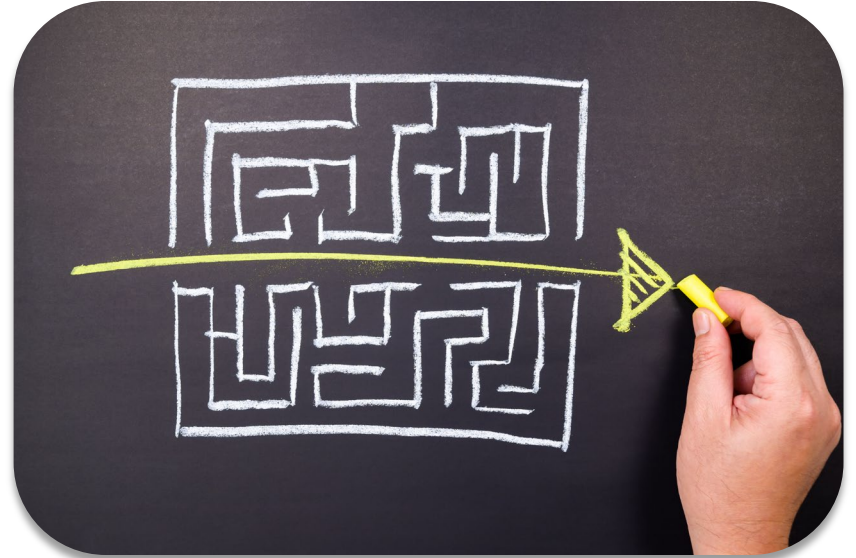


3 Make it Easy

“Neurons that fire together,
wire together”

Motion vs Action

Set up the environment





3 Make it Easy

Case Application

Joint Plan: Increase Sammi's exposure to a variety of textures during toy play, outdoor play, book reading, and bath

Make It Obvious Intention:

After Dad rolls the textured ball with Sammi, he will shoot a few hoops.



How could we make it easy?





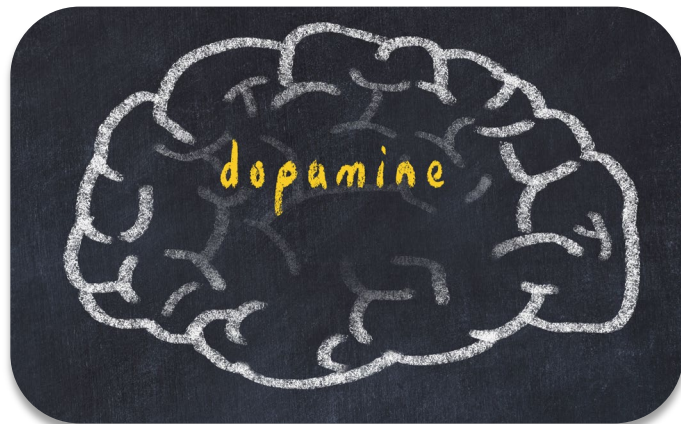
4 Make it Satisfying

Build up that confidence!

Positive emotions lead to habit formation

Focus on the system, not the person

2 minute rule = Standardize before you optimize





4 Make it Satisfying

Case Application

Joint Plan: Increase Sammi's exposure to a variety of textures during toy play, outdoor play, book reading, and bath



How could we make it more satisfying?





Have you experienced these?

“Atomic” Takeaways for Joint Plans



Bring along notecards, tape, and bright markers to home visits



Take stress into account



New habits or stressful times, Focus on:

- Showing up - Standardize before you optimize
- Success & satisfaction - Small wins, positive emotions
- Confidence before competence -
- Set a check in date on calendars (text, email, call)

References

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Next session on
October 1st

1



Check Your Inbox

2



Take the
Survey

3



Download the
Certificate!