



Section A: Introduction to Developmental Support Planning

Learning Objectives

- At the end of this webinar, participants will be able to:
- Gain a better understanding of developmental support plans and the benefits in supporting children's development with concrete strategies
- Implement the knowledge of infant and early mental health and developmental screening into their practice and how they support families of young children
- Understand and navigate the resource manual(s) and the DSP template
- Make the appropriate decisions to support a child's development

Early Childhood Social and Emotional Screening



Small Changes Can Go A Long Way



A program of

SickKids

**Sometimes when a baby is late in their development,
a little help can make a big difference**

When Concerned About Development

- Making a Referral is a Start
 - It is essential, but not enough
- Wait times can be excessive
- In each community a lead is needed to create a “gap” plan
- We call this a Developmental Support Plan

What is a Developmental Support Plan?

- It is a common document for a child and those caring for that child
- Provides a goal for each domain and identifies a child's strengths
- Provides caregivers with simple strategies they use during everyday routines to support a child's achievement of the goals

The Rationale for DSPs

1. Brain development

- Synaptic production
- Impact of experience
- Impact of toxic stress

2. Early intervention

3. Something is better than doing nothing

- Referring to a waitlist is always the first step...but when there is a wait time...

4. Ethics of not doing anything (given the science) is difficult to live with

What is the Purpose of DSPs?

- Support a child's development
- Make the most of the time a child is waiting for more intensive services or assessments
- Provides all those who are caring for a child with a shared vision of what that child needs
- Provides parents/caregivers with concrete strategies to support a child's development
- Shows caregivers how their relationship with the child can support their child's development
- Provides a holistic view of the child
- Ensure ongoing screening for children who may be at risk

What is a DSP NOT...

- A substitute for more intensive assessment or interventions
- A quick fix
- Diagnostic
- Prescriptive

Hand in Hand

Growing Together Every Day

Hand in Hand Formats

- The full plan is long – some families will refer to it or it may get lost in the pile on the table
- The one pager – or the Fridge Plan, can be posted for all to see and easily share with all caregivers

Hand in Hand Fridge Plan



Child's Name: Creation Date:

How I Can Understand You and Talk to Others

Goal:
Strategy:

How I Move My Body

Goal:
Strategy:

How I Use My Hands

Goal:
Strategy:

How I Explore and Figure Things Out

Goal:
Strategy:

How I Show My Feelings and Act Around Others

Goal:
Strategy:

Note: This Developmental Support Plan is not intended to replace any necessary intensive services.
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