



**Nurture Pods**

EARLY INTERVENTION CENTRE FOR CHILDREN

# NewsPod

Publication by Nurture Pods

## **Editorial Team**

Contributors: Christa Toh, Alex Liau

Year 2018

## ***The Importance of Parental Involvement in Children with Special Needs***



As a parent, do you often wonder how can you better help your child with autism? This article highlights the importance of parental involvement in the growth of any child, including a child with autism. It will also provide parents with tips on how to involve yourselves with your children.

Here are some reasons why parental involvement is important:



Here are some reasons why parental involvement is important:

## **1. Enhances Child's Learning**

Research by Bennett (2012) indicated that with parent involvement, commonly used behavioural therapies such as ABA and TEACCH, will be more effective. A study done by Levy, Kim and Olive (2006) also found that therapies which included parent involvement had the most positive outcomes for the child. This is because therapy is not only restricted to the few hours that the therapist spends with the child. Instead, as parents spend a large amount of hours with their child, with parents getting involved, the skills taught to the child during therapy sessions can be further reinforced throughout the day. Hence, the child can learn faster.



## **2. Decrease Reliance on Therapist**

Furthermore, therapy sessions are usually short-term and they do not continue forever. Therefore, with parents keeping touch of the skills taught in therapy and use them at home together with the child, improvements in the child can continue to be evident even after therapy sessions ceased.

With parent involvement being important, how then, can parents get involved in their child's treatment?

## 1. Parent Training

Parents can get involved with their child's therapy through parent training. With parent training, parents will be equipped with the relevant skills to help their child, alongside the therapist. Parents can either attend workshops, observe therapist's sessions with their child, or book an appointment with the therapist for one-to-one training (Moroz, 2015). For more information on parent training, parents can visit <http://www.nurturepods.com/training/>

## 2. Conducting formal sessions with their child (Moroz, 2015)

After receiving parent training from therapist, the parent can then conduct formal therapy sessions with their child. Research has shown that parents are indeed, capable of conducting their own sessions with their child (Levy et al., 2006). Reviews from parents who have tried conducting their own sessions were also positive, where some parents indicated that their child was willing to work with them.



### 3. Frequent communications with child's therapist

Another way parents can get involved is to have frequent communications with child's therapist. Often, the child's therapist will provide the family with tools they can use with the child (e.g. PECS board, routine board). Hence, it is important for parents to learn from the therapist how to use the tools. Frequent communication also allows the parents to know the progress of the child, and hence, better understand the child and his/her needs.



For more information, you may visit our website at <http://www.nurturepods.com>, or email us at [admin@nurturepods.com](mailto:admin@nurturepods.com)

#### References

- Bennett, A. (2012). Parental Involvement in Early Intervention Programs for Children with Autism. Retrieved from Sophia, the St. Catherine University repository website: [http://sophia.stkate.edu/msw\\_papers/113](http://sophia.stkate.edu/msw_papers/113)
- Levy, S., Kim, A.-H., & Olive, M. L. (2006). Interventions for Young Children With Autism: A Synthesis of the Literature. *Focus on Autism and Other Developmental Disabilities*, 21(1), 55–62. <https://doi.org/10.1177/10883576060210010701>
- Moroz, A. (2015). Exploring the Factors Related to Parent Involvement in the Interventions of their Children with Autism. Retrieved from <https://core.ac.uk/download/pdf/48498789.pdf>