

Getting to the Heart of Growth

Building the Foundations for Successful Relationships
One Step at a Time Using Relationship Development
Intervention

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What Will I Learn Today?

- * Overview of the RDI® Program
- * Strengthen my knowledge for building
 - * emotional engagement
 - * co-regulation
 - * experience sharing
 - * self awareness
- * Learn step by step strategies to foster social growth using everyday interactions and activities
- * Leave with activity ideas to support successful relationships

What is RDI®?

- * Developmental and relationship focused therapeutic model
- * Learning occurs through a guide-apprentice model of parenting
- * Uses natural and authentic activities to support the child's growth



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What is RDI®?

- * Support child's success through competence building
- * Parents learn to help child encode critical moments of an experience
- * Strengthening dynamic intelligence (critical thinking and problem solving)
- * Uses a one-step ahead model



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What Does a Typical RDI® Program Look Like?

- **Initial Parent Education**
 - Intake Meeting
 - Baseline Assessment
 - Meetings
 - E-Courses/Homework Assignments
- **Relationship Development Assessment (RDA)**
 - Goal Development/Treatment Plan
- **Ongoing Consultation**
 - Meetings in home, community and clinic setting
 - Video Uploads



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What Does Emotional Engagement Look Like?

- * Face to face gazing
- * A shared focus
- * Meeting of the minds
- * A sense of mutual enjoyment
- * No need for direct prompting
- * An emotional connection



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Why is the Emotional Connection Important?

- * Emotional connections are calming and can reduce anxiety in a world of uncertainty.
- * Connecting emotionally increases the child's internal motivation for relationship building.
- * Supports the child to demonstrate their true competence



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Emotional Connection Video

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Tips to Connect Emotionally

- * Invite your child's participation with an authentic, positive approach. (Children pick up on tension which can cause fear or avoidance)
- * Be mindful of your own state of mind (emotionally present)
- * Ensure you are genuinely enjoying yourself
- * "We do" vs "You do" mindset



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Tips to Connect Emotionally

- * Consider how to be on the same level as your child (face to face)
- * Use a slow pace during interactions
- * Insert moments of anticipation
- * Expand upon child's interests
- * Provide genuine positive feedback to support feelings of competence



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Tips to Connect Emotionally

- * Consider reducing verbal language and increase non-verbal communication.
- * Use exaggerated expressions (when appropriate)
- * Vary your tone (soft, calm or excited, enthusiastic)
- * Provide opportunities for simple social conversations, but don't force them to participate if they aren't ready.



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Connection Building Activities

- * Listen to music or sing together
- * Play instruments together
- * Enjoy movement activities (dancing, ball play, follow the leader)
- * Share special hand shake, joke, or phrase you both enjoy
- * Join in with arts/crafts
- * Celebrate the seasons together
- * Consider rough and tumble activities (pillow fights, tickle monster)
- * Take time to explore nature or sensory activities together
- * Just relax together with no demands



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What Does Co-regulation Look Like?

- * Both partners engage in back and forth dynamic flow during a shared activity.
- * True co-regulation involves:
 - * Referencing each other-monitoring and adjusting
 - * Partners are in sync with each other.
 - * Each participant's role is contingent on the other role-thus dynamic.
 - * There is a joint focus
 - * Cannot be taught as a script.
 - * Is not rote, memorized or totally predictable



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Co-regulation Video

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Co-regulation Framing

Main Focus	Connecting Emotionally/Teamwork
Activity	Laundry
Roles	Parent hands the laundry, child puts it in the machine
Timing	Different times-Parent does something, then child does something
Scaffolding	Provide clear role assignment; Transition cue (ready set go); Close proximity
Competing Elements	Removal of all items in the laundry room that might be fun to play with
Spotlighting	“We did it! First mommy tossed the laundry to you and then we switched places”
Variations	Tossing the laundry in different ways, different sounds/cues
Limits	Stay in the laundry room and maintain role-working as a team
Challenge	Switch roles/adding pausing –not being ready (pretend itch)

Co-regulation Video Laundry

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Co-regulation Framing

Main Focus	Referencing Nonverbal
Activity	Making Magic Soup
Roles	Parent indicates which one, child adds ingredient
Timing	Different times-Parent does something, then child does something
Scaffolding	Close proximity to child, slow pace, limited language, pauses, sitting at the table, exaggerated nonverbal expressions, intonation
Competing Elements	Removal of all materials except for those needed for the activity
Spotlighting	“Yes, we pour the water,” “Yes, open,” “Yes momma wants this”
Variations	Adding various ingredients
Limits	Staying at the table, following mom’s lead and choosing the ingredient she indicated
Challenge	Referencing and responding to nonverbal communication

Nonverbal Communication Magic Soup

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Tips for Co-regulation

- * Create variations
 - * Vary role type (same/different)
 - * Vary role timing (same/alternating)
 - * Switch roles
 - * Change partners
 - * Change locations
 - * Change materials
 - * Change the pace (faster/slower)
 - * Say things in a different way
 - * Use nonverbal communication to support referencing and attunement (gestures, eye gaze, facial expression, prosody)



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Co-Regulation Activity Ideas

- * Popping Bubbles
- * Carrying basket of books together
- * Throw/kick/roll ball back and forth
- * Stack Lego's together
- * Color same image together
- * Sing together
- * Dance together
- * Pour liquid for science exp.
- * Playing instruments
- * Make a collage
- * Make a pizza
- * Decorate cupcakes
- * Beading



More Co-Regulation Activity Ideas

- * Craft Projects
 - * Birdhouse
 - * Frames
 - * Picture book
 - * Holiday ornaments
- * Chores
 - * Sweeping
 - * Raking Leaves
 - * Dishes
 - * Taking the trash out
 - * Laundry
 - * Recycling
 - * Washing the car
 - * Planting/Watering Flowers



Let's Practice!!

Framing Sheet Exercise

Use Social Communication to Support Growth

- * Many children with special challenges have difficulty using social communication as a means to share thoughts, feelings, ideas and to connect with others.
- * Communication usually involves making requests, labeling , answering questions, making factual comments, or using verbal self-stimulatory behavior.
- * They often have difficulty reading or using nonverbal social cues.

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Use Social Communication to Support Growth

- * We model social communication
- * We reduce demands which often cause avoidance and reduce engagement.
- * We help the child to do more brain-work (critical thinking, problem solving).
- * We support the child in referencing nonverbal social cues.
- * We build the child awareness of their environment, themselves, and others.

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What Does Experience Sharing Look Like?

- * **Reduce the use of direct questions and directives during social interactions.**
- * **Share:** favorites, likes, dislikes, feelings, emotions.
- * **Share observations** “Jeremy was very helpful to clean the mess.”
- * **Share memories:** childhood, weekend, vacation.
- * **Share about future events:** excitement, anticipation, uncertainty
- * **Share opinions, perspectives, emotions, ideas, feelings, etc.**
- * **Share compliments:** “I love the bell cookie you made!”



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How Can I Model Experience Sharing?

- * **Share excitement:** “Wow! That is a loud noise!”
- * **Share using nonverbal Communication:** Using thumbs up to agree or thumbs down to disagree.
- * **Narrate my thought process:** “I can’t focus with the noise. I think I will turn off the music.”
- * **Spotlight competence:** “I like that you really tried your best and used a lot of colors on the art project!”



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Experience Sharing Video

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Activity Ideas For Experience Sharing

- * Share and Tell (with support)
- * Story-time-Invite discussions
- * Look at photo albums/interesting pictures
- * Share about a yummy meal
- * Guess what's in the bag game
- * Provide novel materials that promote curiosity
- * Provide materials that stimulate sensory system: warm, cold, sticky, soft, rough, gooey, etc.
- * Use items of interest to child
- * Invite child to take photos and share



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Don't Forget About Nonverbal Communication

Gestures

- * Using body movements to communicate (thumbs up, rubbing tummy, clap to show excitement, nodding)

Prosody

- * Using sounds to communicate (confusion, considering something, excitement, surprise)

Facial Expressions

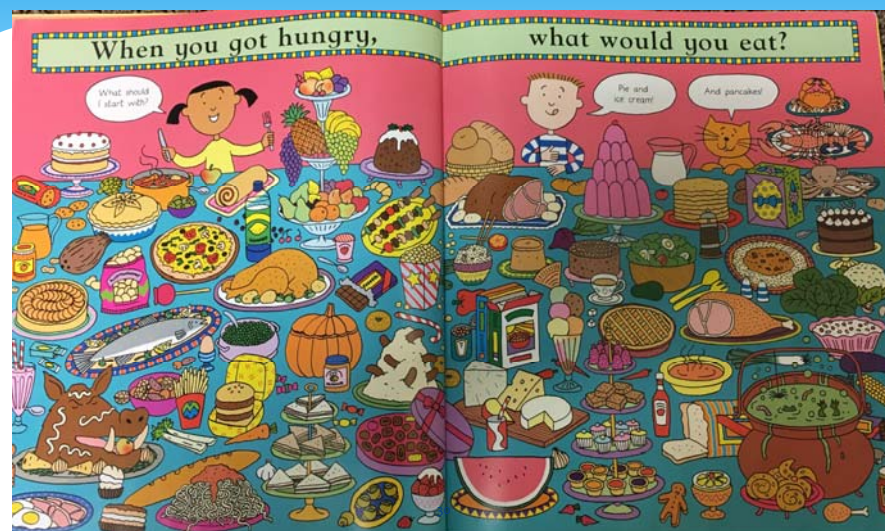
- * Using Expressions to communicate (share an opinion about something you taste, smell, feel using only facial expressions, share a look of disgust, surprise, confusion)

Eye Gaze

- * Using your eyes to communicate (looking in the direction of an item to show which item you want during a scavenger hunt)



Practice Experience Sharing!



Tips to Support Self Awareness

- * Spotlight a growth mindset
- * Provide clear feedback about why something was important (encoding memory)
- * Stay away from good job and be specific!
- * Share your own observations and perspective
- * Encourage your child to reflect on how things went using an indirect cue.
- * Recall past experiences and compare what's same but different about the current experience

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Reflection

- ❖ Take some time to think about your communication with your child...
- ❖ Consider how you might use the information you learned today to support him/her in the following areas:
 - ❖ Connecting Emotionally
 - ❖ Sharing an opinion
 - ❖ Sharing an experience
 - ❖ Anticipating an exciting future event
 - ❖ Sharing specific feedback/observations

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For more info:



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