Using Touchpoints to Inform Coaching Strategies with Toddlers

PCIT Conference – September 28, 2017

• Kate Kaltenbach, LCSW
• Elizabeth Mota-Garcia, LCSW
• Sharon Rea Zone, LCSW

CAARE Center
UC Davis Children’s Hospital
Department of Pediatrics
Agenda

• Touchpoints

• Parent-Child Attunement Therapy
  • Making PCIT Work for Young Children

• PCAT Through a Touchpoints Lens
  • PRIDE
  • BE DIRECT
  • Setting Limits
What are Touchpoints?

- Predictable periods in early childhood
- Spurts in child’s development
- Disrupts the family system

The succession of touchpoints in a child’s development is like a map that can be identified and anticipated by both parents and providers.

T. Berry Brazelton, MD & Joshua Sparrow, MD
The Touchpoints™ Model of Development, 2003
Child Development...

• Takes place within relationships

• Is characterized by predictable periods of disorganization

• Emotions – of both parent and child – are central to the process
Touchpoints…
Developmental & Anticipatory Guidance

- Anticipate normal developmental regressions
- Understand child’s behavior
- Prevent reactions that may contribute to developmental derailment and child abuse

T. Berry Brazelton, MD & Joshua Sparrow, MD
The Touchpoints™ Model of Development, 2003
Knowledge of touchpoints and strategies for dealing with them help reduce negative interactions that might otherwise throw a child’s development off course and result in problems.
Touchpoints

Guiding Principles…

- Value and understand the relationship between you and the parent
- Use the behavior of the child as your language
- Value passion wherever you find it
- Focus on the parent-child relationship
- Look for opportunities to support mastery
- Recognize the beliefs and biases that you bring to the interaction
- Be willing to discuss matters that go beyond your traditional role

T. Berry Brazelton, MD & Joshua Sparrow, MD
The Touchpoints™ Model of Development, 2003
Touchpoints & PCAT

...a goodness of fit?
Parent Child Attunement Therapy

PCAT Overall purposes:

- To strengthen the caregivers’ relationship with their child(ren)
- To facilitate the caregivers’ learning of appropriate child management techniques

Importance of Early Interventions:

- 1-3 years of age is a critical period of brain development
- Infants and toddlers are at increased risk for maltreatment

A Positive Behavioral Intervention for Toddlers: Parent-Child Attunement Therapy, 2004
Stefan C. Dombrowski, Susan G. Timmer, Dawn M. Blacker & Anthony J. Urquiza
Play With Toddlers

Toys:
Play with Toddlers

Compliance Friendly Environment:
Play with Toddlers

Play looks like:
Problem Behaviors and Solutions!

Problem Behavior ➡️ Possible Reason ➡️ Where/When Manifests? ➡️ Possible Strategy
Questions?

Thank you for joining us!