

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?

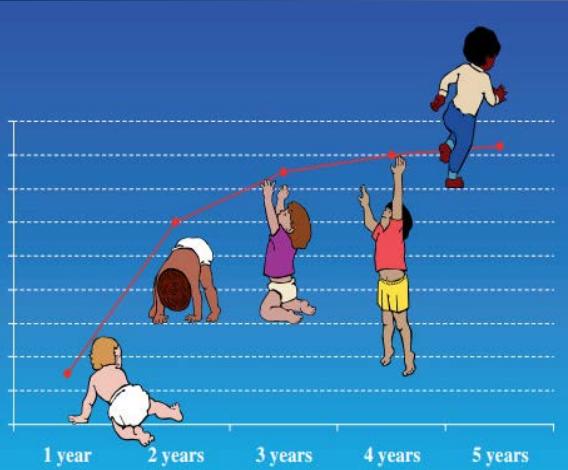
- Predictable periods in early childhood
- Spurts in child's development
- Disrupts the family system

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

A photograph of a woman with dark hair tied back, wearing a purple long-sleeved shirt, holding a young child. She is kissing the child's forehead. The child is wearing a white t-shirt. They are indoors, with a window and some plants visible in the background.

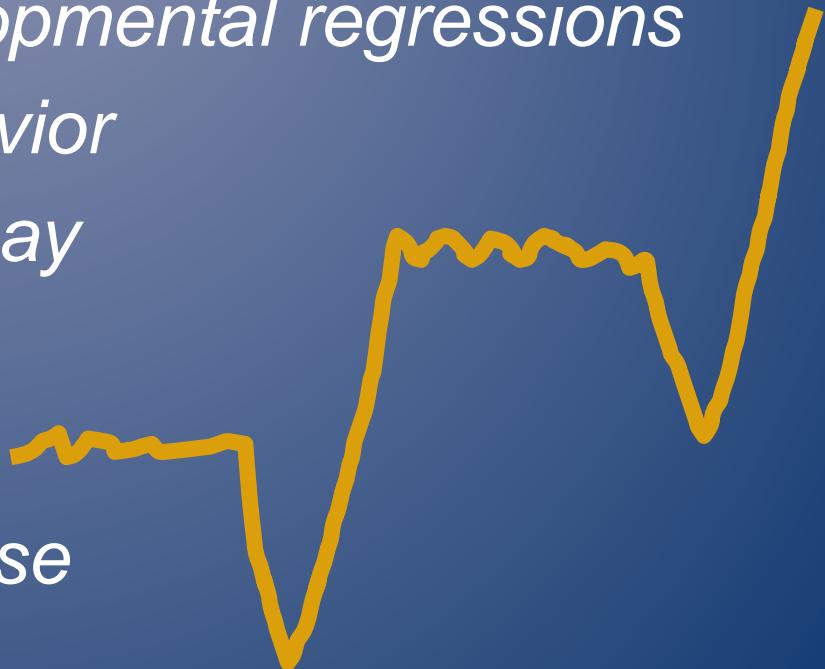
Child Development...

- Takes place within relationships
 - Is characterized by predictable periods of disorganization
 - Emotions – of both parent and child – are central to the process
- 
- A photograph of a man with long, dark, curly hair, wearing a green camouflage t-shirt, holding a baby. The baby is wearing a pink hooded onesie. The man is smiling and looking at the baby. They are indoors, with a white wall in the background.



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

The Touchpoints™ Model of Development
T. Berry Brazelton, M.D., and Joshua Sparrow, M.D.

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**

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

Play With Toddlers

Toys:



Play with Toddlers

Compliance Friendly Environment :



Play with Toddlers

Play looks like:



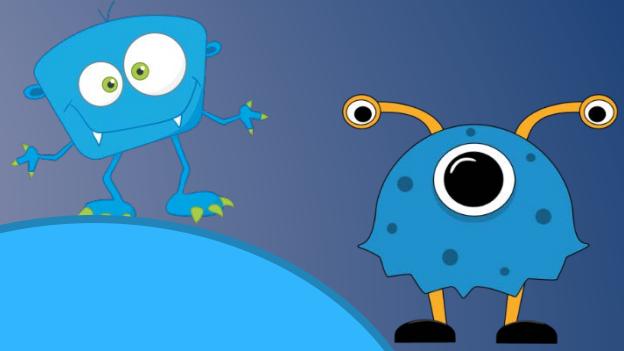
Problem Behaviors and Solutions!

Problem Behavior → Possible Reason →
Where/When Manifests? → Possible Strategy





Sleep Issues



Mealtimes



Disobey / Defiance





Questions?

*Thank you for
joining us!*