

## **BREAKING IT DOWN: PARTS OF THE DOT PLAN**

**Age-Range:** The developmental age range for which this plan is appropriate

**Observation Topic:** The general area of development that is covered: a) relevant to the children’s current developmental abilities and interests, and b) responsive to interests and concerns of parents

**Environments:** Settings, objects, and activities that provide the context for parents’ observations—they make observation of the focus more possible and likely

**Things to Try:** What the parents can do to help the child engage in behaviors related to the topic and the focus—often these are dyadic strategies; one or two can be selected to try. Reminders of “things to Try” can be posted or written on reminder cards

**Opening Discussion:** Prepares the parents for the observation through sharing and through providing information. The discussion builds on what the parent(s) already know.

- **Introduction**—Sets the context by reminding parent(s) of something that has happened or a concern, and states how this session will expand on this
- **Questions**—Open-ended questions help parents think about what their children already know, do, and feel in relation to the topic
- **Predictions**—Facilitator shares the environment planned for the day, and parents take a guess as to how their child will interact with the environment that is planned for the session. These can be written down for later review and discussion.
- **Main Points**—Facilitator briefly provides information about the topic, then restates the topic and focus of observation and reminds parents of things to try

## BREAKING IT DOWN...continued

**Closing Discussion:** Helps parents process their observations and relate them to what they do with their child(ren) on an everyday basis.

- ***Predictions***—Parents discuss how well their observations matched what they thought would happen
- ***Questions***—Open-ended questions help parents remember what their child(ren) did and speculate on why
- ***Carry-over***—Open-ended questions are used to help parents think about how their observations apply to other settings and to their everyday routines
- ***Main Points***—Facilitator summarizes the discussion by briefly stating main points that expand on parents' observations by organizing information or providing new information