

How to Team Up With Your Interventionist:

A Parent's Guide to Maximizing Results

With Special Notes for Families in BC

Why This Guide Exists

Interventionists are dedicated pros — but most only see your child 1–3 hours a week. And in places like BC, they're not the ones building the plan — that job belongs to the **Behaviour Consultant (BC)**.

This guide helps you:

- Understand what your **interventionist (BI)** and **behaviour consultant (BC)** actually do
- Communicate clearly with both
- Reinforce their work at home
- Build trust, clarity, and momentum

Because *you* are the bridge between sessions — and when everyone's on the same page, kids thrive.

Who's Who in Your Support Team

Behaviour Consultant (BC)

- Designs your child's personalized behaviour program
- Sets the goals (communication, regulation, social skills, etc.)
- Trains and supervises the BI
- Monitors progress and adjusts the plan
- May only see your child once a month — but they're the *strategist*

Behaviour Interventionist (BI)

- Works directly with your child (often 1–3 times/week)
- Implements the plan the BC created
- Collects data during sessions
- Reports back to you and the BC
- They're your child's *front-line coach*

Be a Teammate, Not a Bystander


To get the best results, you don't need to be a therapist — just a curious, active teammate.

Ask Your BI:

- “What goals are you targeting this week?”
- “What went well today?”
- “How can I help reinforce that at home?”

Ask Your BC:

- “Are there any patterns you're noticing in the data?”
- “Can we review or shift goals based on what's happening at home?”
- “Is there anything I should watch for between sessions?”

 **Tip:** Even a quick weekly check-in (text, email, voice note) keeps everyone in sync.

Build a Communication Routine

Weekly Check-In Template

Use this with your BI or BC:

- **This week's goal:**
- **What went well:**
- **What we struggled with:**
- **One thing I can reinforce at home:**

Shared Progress Log

Use a notebook or shared doc like this:

Date	Focus Area	Wins This Week	Needs Follow-Up
Sept 25	Sharing with peers	Took turns in pretend play	Trouble with transitions

This log helps the BC adjust strategy and helps the BI stay consistent across home and sessions.

What to Watch For

Green Flags:

- The BI gives clear, specific feedback after each session
- The BC includes your observations when adjusting goals
- Everyone uses the same language around strategies
- You feel like part of the team, not just a bystander

Red Flags:

- “They did great” — with no details
- BI and BC don't communicate regularly (or at all)
- Your concerns or insights are brushed off
- There's no clear explanation of goals or progress

Bottom Line

You're not "just the parent." You're the glue.

Your insight, consistency, and communication can make everything the BI and BC are doing *stick*.

Whether you have 5 minutes or 50, show up curious. Ask questions. Reinforce what's working. Share what isn't.

Because you're not a client — you're a co-pilot.