

# 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.