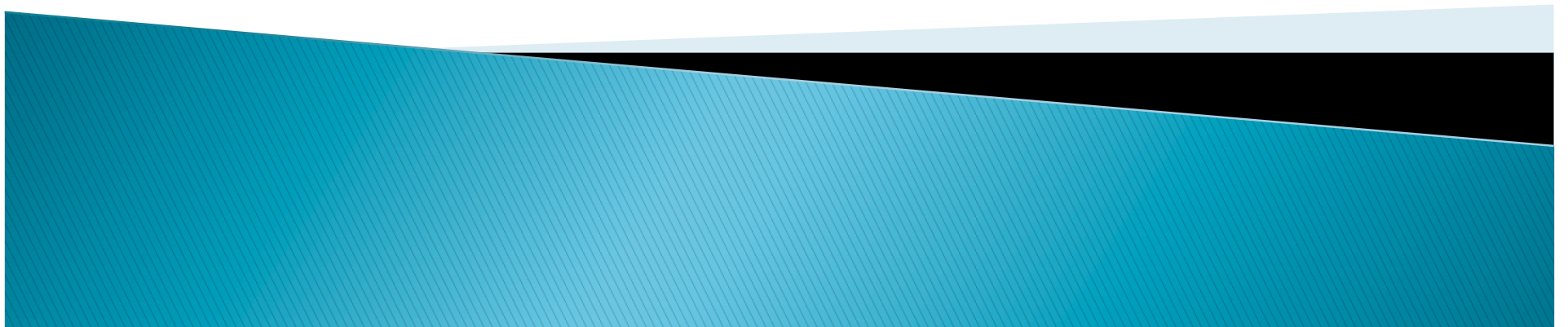


Watch Me Move: A Program for Parents of children with gross motor delays.

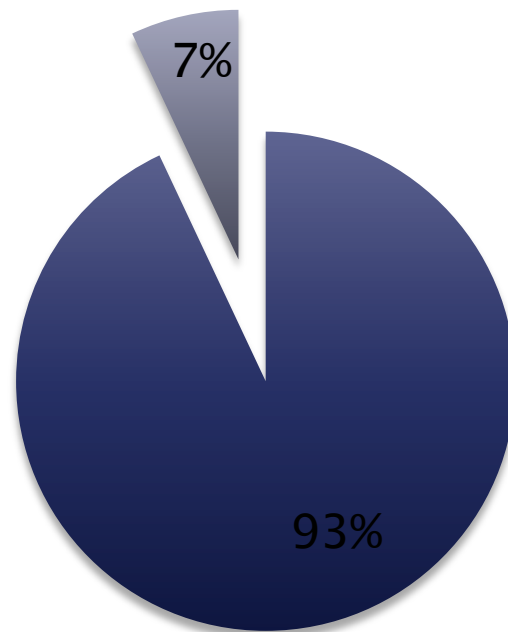
Natrasony, C., & Teitelbaum, D., (2016). Watch Me Move: A program for parents of young children with gross motor delays. *Physical and Occupational Therapy in Pediatrics*, 36(4), 388–400.



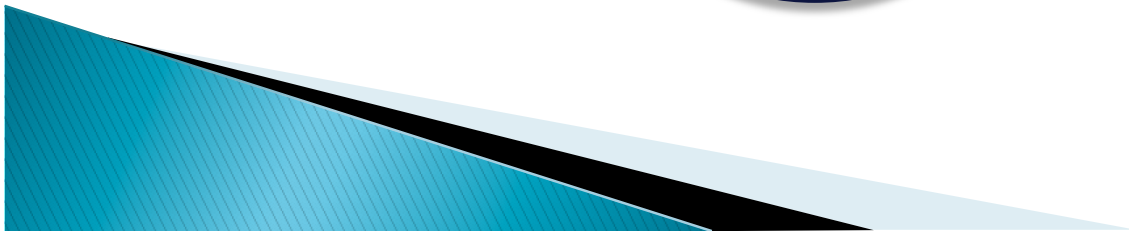


Time with your child

Who Has the Greatest Potential to Maximize Children's Motor Experience



- Parent
- Therapist



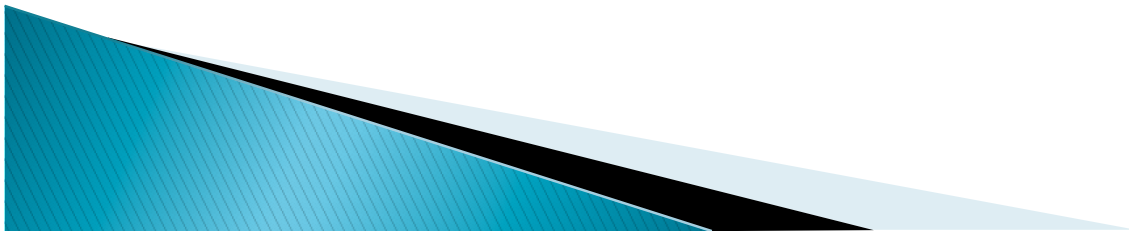
Evidence

Mahoney and Perales 2006

Chiarello and Palisano 1998

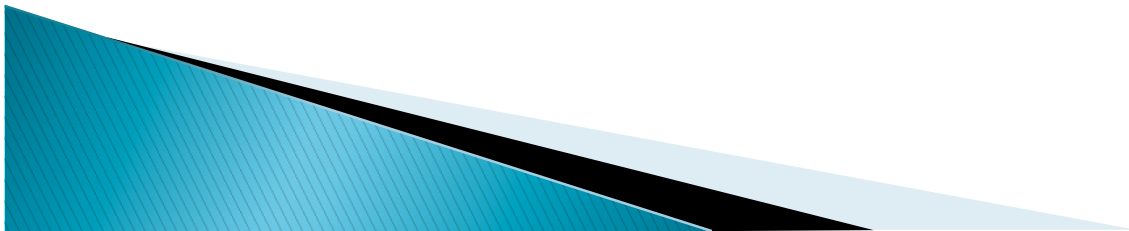
Meijssen et al. 2010

Blauw-Hospers et al. 2010



What is Watch Me Move?

- ▶ Watch Me Move (WMM) is a group intervention for parents of young children with motor delays.
- ▶ Its focus is on improving parent-child interaction skills in a gross-motor context.





Target Audience

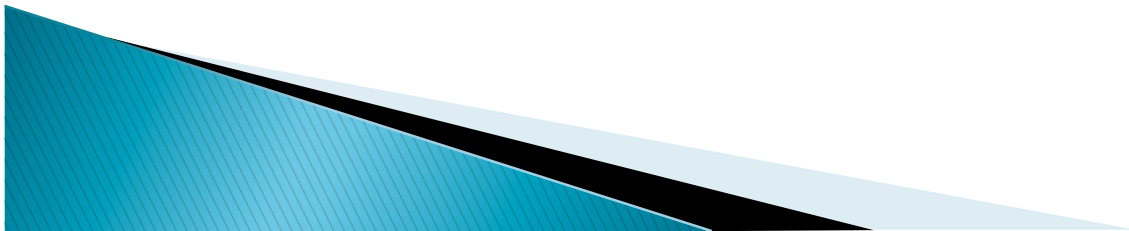
- ▶ Families with children who have motor delays such as :

Global developmental delay

Cerebral palsy

Down syndrome

other genetic syndromes or neurological disorders.





Adult education framework

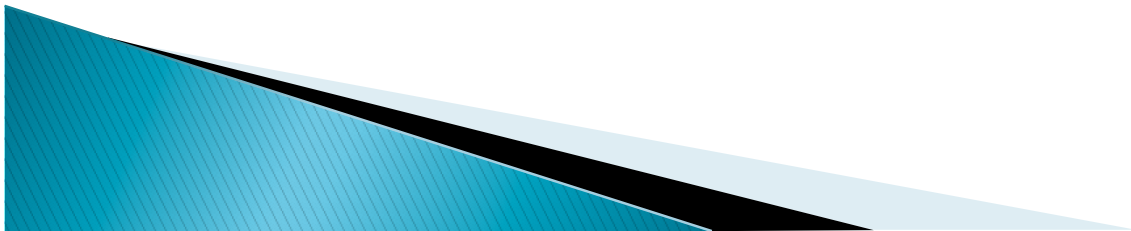
- ▶ The structure of WMM is based on Coping Modeling Problem Solving
Cunningham et al., 1993; Niccols & Mohamed, 2000.
- ▶ Information on adult learning principles (such as making the sessions meaningful, recognizing the complex nature of adults, and recognizing the benefits of cooperative learning) has been incorporated into the program design.

Stewart & Deck, 2001.



The Study

- ▶ To examine, using a pre-test and post-test randomized control design, the addition of WMM parent group to standard of care physiotherapy on parent-child interactions during gross-motor play.

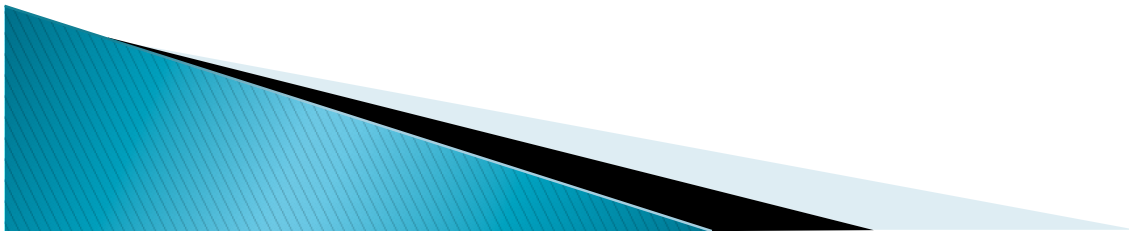


Measures

Nursing Child Assessment
Teaching Scale

Parent Knowledge
Questionnaire (PKQ)

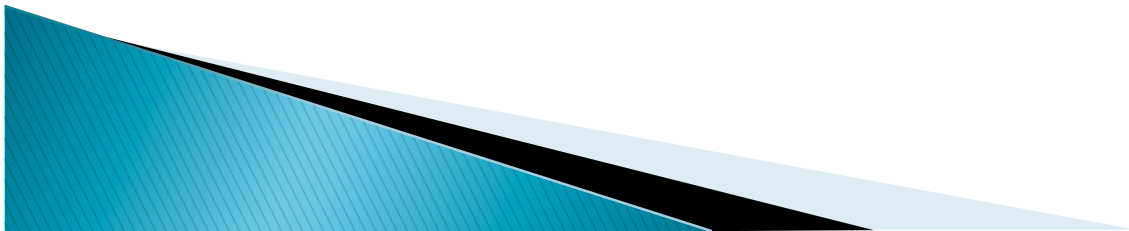
Parenting Stress Index (PSI-3)



Intervention

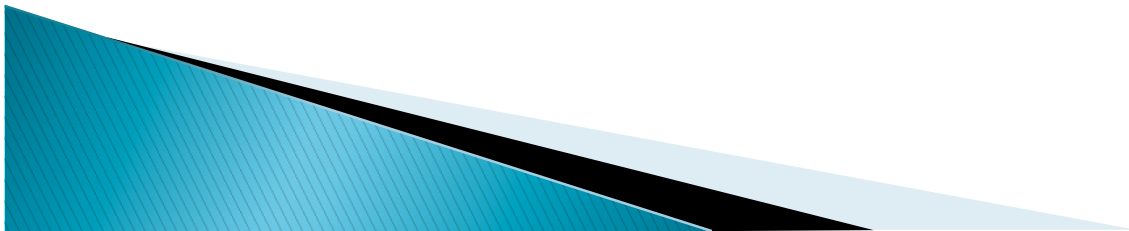
Standard of care physiotherapy

WMM + Standard of care physiotherapy



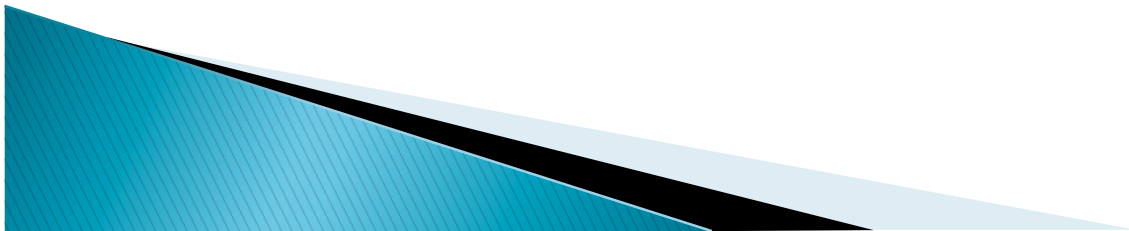
Procedure

- ▶ All parents were videotaped with their child and scored twice using the NCATS: first at pre-intervention to establish baseline data, and again after 6 weeks at post-intervention
- ▶ Parents also completed PKQ and PSI pre- and 6-weeks post-intervention, and completed a demographic and satisfaction questionnaire



Data Analysis

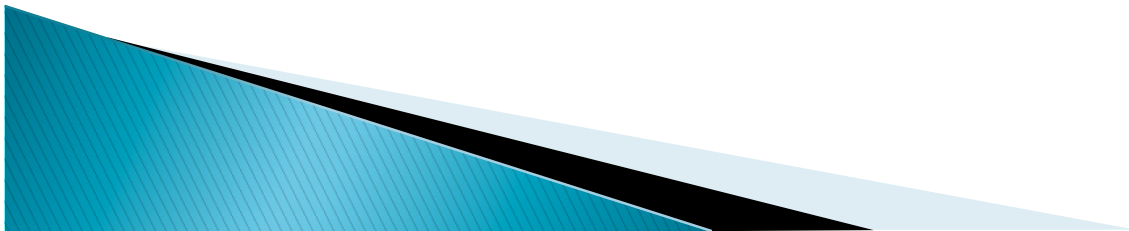
- ▶ SPSS statistical software.
- ▶ Mean change scores for each group on NCATS, PKQ, and PSI.
- ▶ two tailed, with p-value $< .05$ considered statistically significant.
- ▶ open-ended questions on the WMM questionnaire were reported descriptively.



Results: NCATS

Parents in the WMM group made a significantly greater change on two NCATS subscales:

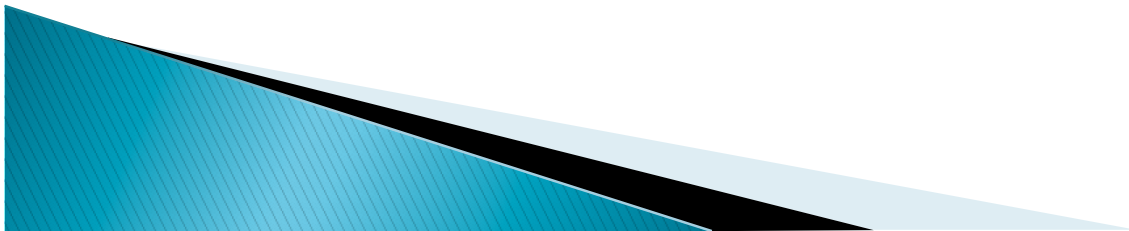
cognitive growth fostering ($p = .03$) and contingency item-responsiveness to caregiver ($p = .05$).



Results: PKQ

The mean change scores and variability on PKQ can be seen in Figure 1

- ▶ The mean change score of parents in the WMM group (8.7; SD = 9.0) was significantly greater than the mean change score of parents in the physiotherapy only group (-3.3, SD= 12.2; $p = .003$).



Results: PSI

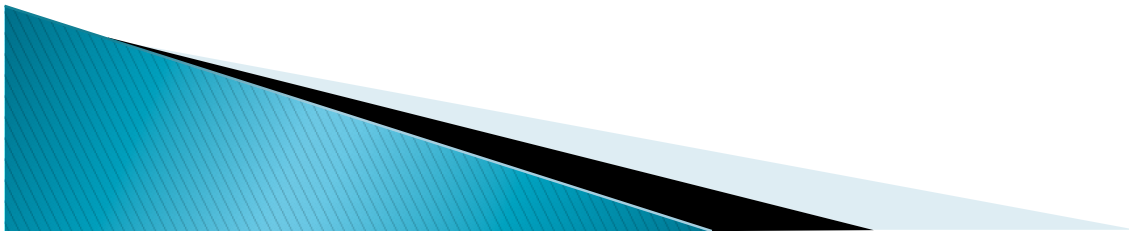
- ▶ There were no significant differences in mean change scores on PSI between parents in the WMM and the physiotherapy only groups (Table 3).
- ▶ Although not significant, the mean change score on the acceptability subscale was 2.0 (SD = 2.5) for parents in the WMM group compared with -0.2 (SD = 3.3, $p = .07$) for parents in the physiotherapy only group.





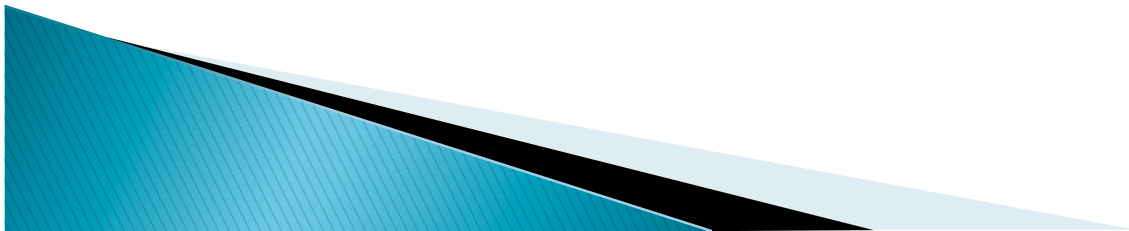
The Main Ingredients of WMM

- ▶ Engagement and disengagement cues
- ▶ Teaching framework
- ▶ Social play principles
- ▶ Just right challenge– Gross Motor development
- ▶ Muscle tone
- ▶ Just right amount of support
- ▶ Behaviour management strategies



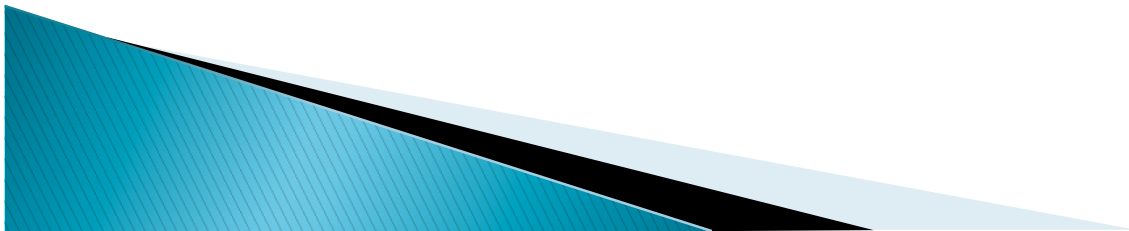
WMM framework

- ▶ Video
- ▶ Group discussion
- ▶ In session activities
- ▶ Home practice
- ▶ Resources



Group discussion

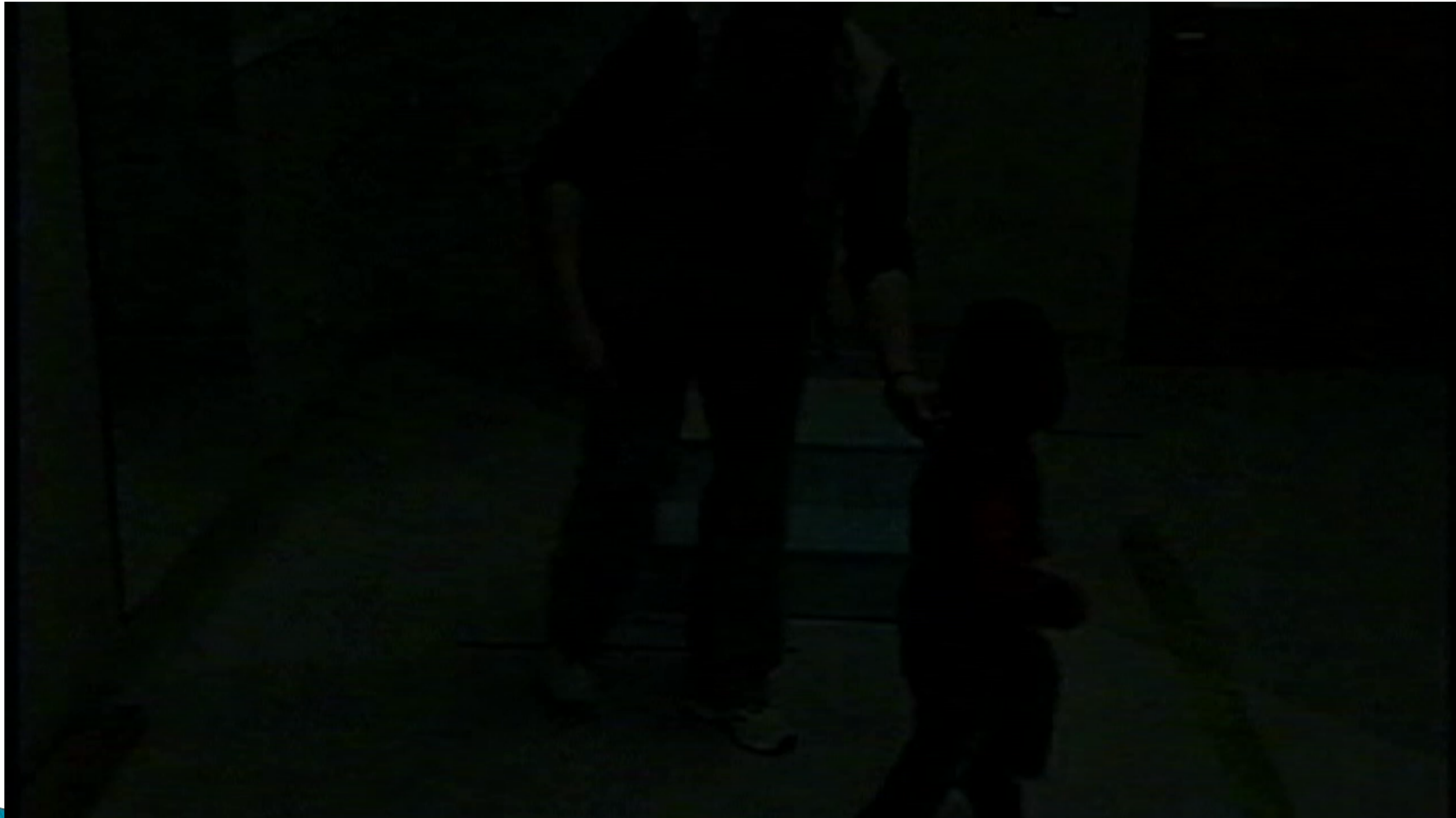
- ▶ Facilitators remove themselves from the expert role to allow parents to learn from each other (Niccols & Mohamed, 2000).
- ▶ Parents come up with suggestions for parent on the video to promote a positive home practice session



Follow your child's lead



Match your pace



“The just right challenge”?



“Just Right Support”?

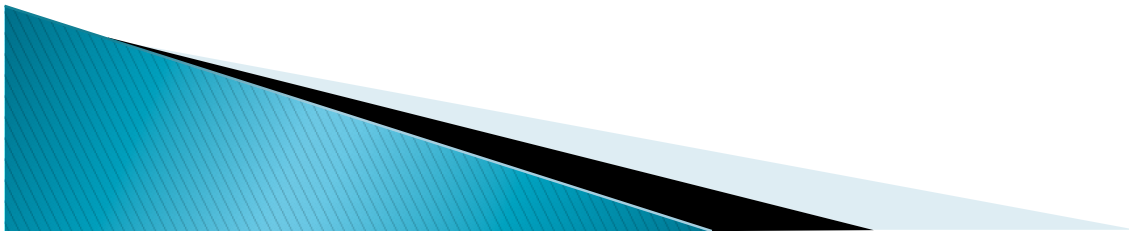


“Just Right Support”



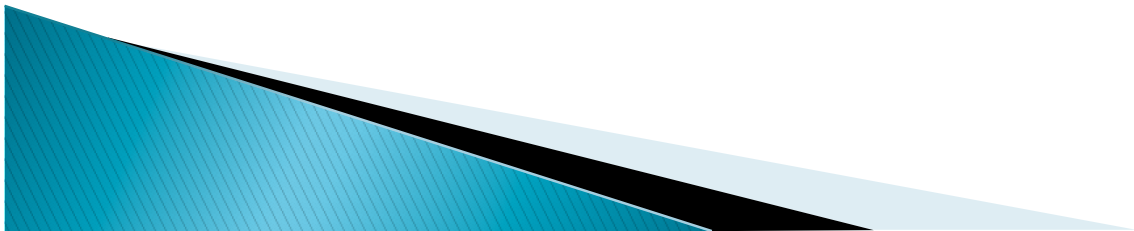
When practice sessions don't go well

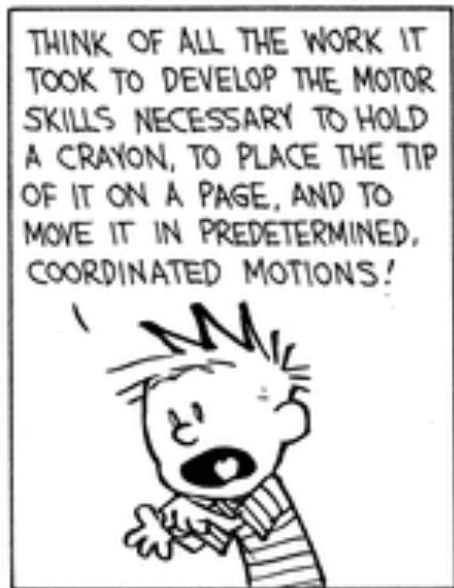
- ▶ The WMM program teaches the above principles in order to enhance or modify gross-motor practice sessions, and provides parents with practical strategies to modify and adjust scenarios when the gross-motor practice sessions do not go well.





Video





© 1995 Universal Press Syndicate

