

Play and Learning Strategies (PALS) Responsive caregiving coaching model for parents of infants, toddlers and preschoolers

INPUTS	ACTIVITIES	PROCESSES	OUTCOMES Short-term	OUTCOMES Long-term
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Adult Learning Approach			Change in Parent Beliefs	Infant/Toddler/Preschooler Outcomes
Attachment and Socio-Cultural Theoretical Frameworks	Video exemplars Reflective feedback prompts Practice Recorded Video Practice Review and Reflect on video practice with coach	11 Sessions (PALS I) for parents of infants	Responsiveness to Signals	Self-Regulation: attention, impulse control
			Supporting attentional capacity	Language: Vocabulary, Composite language
		14 Sessions (PALS II) for parents of toddlers and preschoolers	Rich language input with scaffolding	Cognition: Sensory perception, problem-solving
		Weekly, web-based online, self-instructional sessions (approximately 1 hour each) followed by virtual call (approximately 1/2 hour) with certified coach	Shared book reading	Social-emotional: Cooperation, initiative, social engagement
		<u>or</u>	Change in Parent Behaviors	
		Face-to-face sessions, led by certified coach, approximately 1 1/2 hours each, weekly	Daily Activities--dressing, eating, bathing, playing, bedtime	Decreased need for special education services, improved school readiness skills, prevention of grade retention
	Coach and session language match family home language (English/Spanish)	Conversations, shared book reads		