Coaching in COPCA: a promising method to enhance family participation and motor development of infants with special needs

Akhbari Ziegler S. 1, Hadders-Algra M. 2
1 Zurich University of Applied Sciences ZHAW, School of Health Professions, Institute of Physical Therapy, Winterthur, Switzerland
2 University of Groningen, University Medical Center Groningen, Department of Pediatrics, Division of Developmental Neurology, Groningen, The Netherlands

Goal of COPCA

- Support empowerment of family in decision making regarding family participation
- Promote infant mobility allowing for optimal participation

Definition coaching

non-directive coaching

Main strategy

- Coaching inspires families taking action to maximize personal potential in realization of their goals

Orientation

- Goal orientation: Enhance family engagement
- Process orientation: enhance self-determination
- Ecological orientation: enriched real life environment

„COPing with and Caring for infants with special needs“ (COPCA); a family-centred early intervention programme

Focus on:

- Parent-infant interaction
- Active participation of family members
- Finding solutions

Praxeology

- At the family’s home environment
- During daily care giving activities
- In naturally occurring parenting situations

COPCA session

- SMART goals
- action/practice + observation
- Feedback, reflection
- Joint planning

Coaching skills

- to observe
- to share observation
- to listen
- to ask questions
- to give hints

Coach

- Behaviour is based on theoretical framework, knowledge and attitude of a coach

Possible effects of coaching in COPCA:

Enhance caregiver engagement, high dosing, enhance self-determination and self-efficacy, enhance caregivers knowledge, increase family participation, improve motor development of the infant