

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

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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