



Wisconsin Department of Health Services

CORE Conversations with Families in Birth to 3

Module 5: Ideas on how to add natural and ordinary supports to the options you encourage families to consider.

A Presentation by Molly Murphy, Ph.D.
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CORE Conversations



Community Opportunity Relationships Enjoyment

C O R E

CORE

- **Community** where we live, work and play together
- **Opportunity** when we practice, participate, contribute
- **Relationships** who we love, who gives and receives support
- **Enjoyment** how we feel about one another, what sustains us

CORE Conversations Online Training Module

- For Birth to 3 providers
- Self directed learning
- Links to additional printed CORE resources

- CORE Conversations offer Birth to 3 providers a strategy that emphasizes natural, unpaid ordinary supports, to use in their conversations with parents raising young children with disabilities.

CORE Conversations

Module Format

The content for this online training is based on:

The CORE of a Good Life:

Guided Conversations with Parents on Raising
Young Children with Disabilities

by

Molly Murphy and Mark Sweet (2009)

You can download a free .pdf copy
of the CORE Guide with the link below

[http://www.waisman.wisc.edu/cedd/pdfs/
products/early/CORE_Guide.pdf](http://www.waisman.wisc.edu/cedd/pdfs/products/early/CORE_Guide.pdf)

To make the most of this training

We invite learners to refer to the CORE Conversations Guide (2009) for indepth descriptions of these ideas and strategies, to successfully integrate CORE into your work with families.

Thank you to our partners

CORE Conversations and this online module were developed with the financial support of these partners:

- Waisman Center Natural Supports Project
- WI Board for People with Developmental Disabilities
- WI Department of Health Services Birth to 3 Program
- Disability Rights Wisconsin

Learning Objective

Module 5

- When the training is complete, you will have ideas on how to add *natural and ordinary supports* to the options you encourage families to consider.

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CORE Concept

- *How we talk about children influences how and if other people want to interact.*

“Remember there is a big difference between talking with Grandma about the child’s delayed speech or need for speech therapy and letting her know what it means when he says “Cookcook” when he wants a cookie”.

How we describe children a matter of perspective: creative or a mess?



What if we talked about all the aspects of a child,
not just experiences that bring challenges?



What if we use words that invite
instead of create barriers?



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CORE Concept

- *Parents have choices to make about who is ready & willing, and who is not available to have a relationship with them and their child.*

“I noticed my neighbor’s eyes glazed over. Then I heard myself. I kept saying that my child needed these very specific, technical things to be happy, or move, or to eat. Why would she even want to spend time with him if I kept sounding like he needed an “expert”? So I stopped saying those things.”

Parent of a 2 year old boy, attending a CORE training

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CORE Concept

- *Parents can reconnect with the ordinary experiences of parenting.*

“Any kid of mine has to love baseball
and he does!”

Respecting and recognizing the challenges,
while still seeing beautiful new baby and new Dad



What if we talked about meals instead of feeding?



What if we encouraged sharing activities instead of acquisition of skills?



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What will be better for families
when we support them to
connect with ordinary
supports?

Community connection

- Parents will visit the children's program at their church and talk with the preschool room teacher about including their child for short periods of time during services on Sundays, with the goal of increasing her time over the next year.

Opportunities to play

- Child and parent will invite their 3 year old neighbor for a play date, once a month.

Relationships expanded

- Child will spend time once a week with his Auntie, for 2 hours in the afternoon, with lunch, gradually adding time each week, with the goal of a weekend sleepover in the next year.

Enjoyment in one another

- Parent will practice one of the “Find the smile” activities (guaranteed laughter!) on the refrigerator list each day.

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Starting where the parents are in that moment

- *Listening*: For natural openings when talking with parents during home visits and IFSP meetings.
- *Guiding*: Taking topics that are offered by the parent and framing in CORE elements (community, opportunity, relationships and enjoyment).
- *Learning*: What the priorities are for the parent by what they say and don't say.

Deciding when and where CORE conversations will be more likely to be helpful

- **When?** First phone calls in how we describe what we offer; home visits, IFSP meetings and review, transition meetings.
- **Where?** At home, on the phone, when the parent feels comfortable and safe talking about what is important to him or her for the child and family, or is sharing challenges.

Providing parents with examples of natural and ordinary supports as an alternative to paid support

Paid respite worker	Friend at church joins your child in Sunday school class
Therapeutic play group	Story hour at the library with Mom and cousins
1:1 Speech therapy in a clinic setting	SLP joins during a family meal or trip to the grocery store and models strategies for parent to encourage requesting

- Recognizing and discussing when paid supports are the best option, and noticing the effects for families and children, extended family and their community.

Then we can ask.....

- What will it take for this to happen?
- How can I help you get closer to making those opportunities come true?

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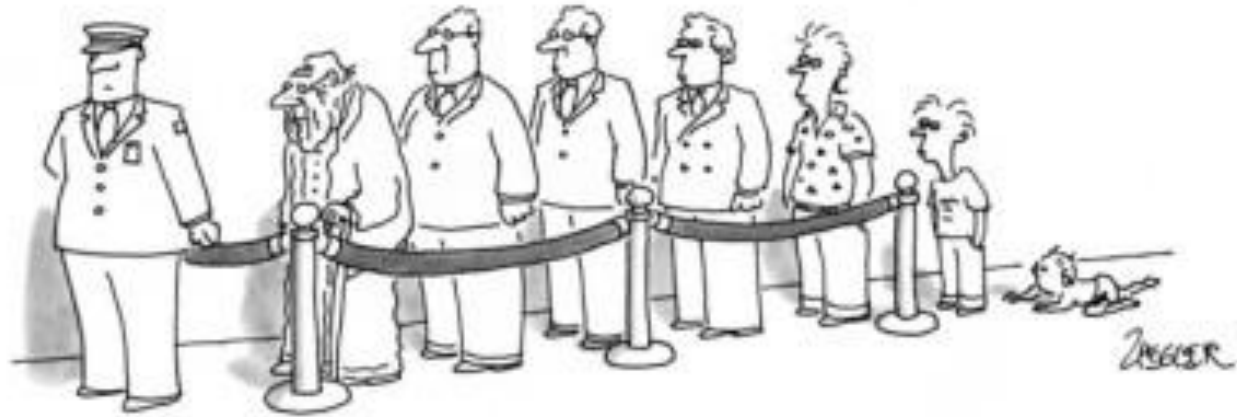
Parents and providers....
Parents and parents talking and listening

CORE Conversations offer chances to consider a balance of paid and natural or ordinary supports.

Talk about ordinary and natural supports by asking about the places families want to go and people they want to spend time with.....



in stead ofanother waiting list



AllPosters

going places



playing nearby



sharing meals



helping a friend



laughing together



giving a lift



wondering what's next



Moving toward



a meaningful life.





Wisconsin Department of Health Services

WI DHS Birth to 3 Program partnered with Molly Murphy, Ph.D., presenter and co-author of the CORE Guide (2009), to make the CORE Conversations training and materials available to Birth to 3 providers across the state.

Molly is a clinical assistant professor and Director of the Waisman Center Autism Treatment Programs in partnership with UW Health, at the University of Wisconsin- Madison.

Molly holds a doctorate in Behavioral Disabilities with an emphasis in early childhood special education from the University of Wisconsin Madison, is a licensed Behavior Analyst and a certified Early Start Denver Model (ESDM) therapist.

Molly has supported families raising children with disabilities across WI for many years; as an educator in Birth to 3, inclusive preschool teacher, lead supervisor for in home and clinic based autism treatment and as a parent education and parent leadership group facilitator.

If you would like information on CORE Conversations, or permission to use these materials outside of your Birth to 3 Program, you can contact Molly at 608-263-8033 or email memurph3@waisman.wisc.edu

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