

# Welcome to the Infant-Parent Program

[www.mcmasterchildrenshospital.ca/ipp](http://www.mcmasterchildrenshospital.ca/ipp)

The Infant-Parent Program is part of Developmental Pediatrics and Rehabilitation (DPR) Services at the Ron Joyce Children's Health Centre.



**We support the important relationships in infants' lives, especially with their mothers and fathers. This helps children develop to their best potential.**

This booklet can help you learn about our services and how we can help you.

## What does the Infant-Parent Program offer?

We help to promote children's development by providing:

### Interventions

- Group sessions for parents
- In-home sessions with Infant-Parent Program clinicians

### Consultation and support

- Developmental assessments
- Parent workshops
- Newsletters and information about other services and resources
- Consultation with a speech/language pathologist

**A clinician will help you decide which interventions and/or consultations and supports are best for your family.**

## Infant-Parent Program Interventions

Each intervention is offered as a series of 8 sessions.

Name	Details
<input type="checkbox"/> <b>Right from the Start</b>	<ul style="list-style-type: none"> <li>• You will meet with other parents of infants and 2 group leaders for 2 hours each week in a community location.</li> <li>• This course helps you 'read' and respond to your baby's cues, to strengthen your relationship.</li> </ul>
<input type="checkbox"/> <b>COPEing with Toddler Behaviour</b>	<ul style="list-style-type: none"> <li>• You will meet with other parents of toddlers and 2 group leaders for 2 hours each week in a community location.</li> <li>• This course focuses on ways to prevent challenging behaviour.</li> </ul>
<input type="checkbox"/> <b>Circle of Security Parent Group</b>	<ul style="list-style-type: none"> <li>• You will meet with other parents of young children and 2 group leaders for 2 hours each week in a community location.</li> <li>• This course focuses on attachment and child behaviour.</li> </ul>
<input type="checkbox"/> <b>Attachment Guidance</b>	<ul style="list-style-type: none"> <li>• You will meet with a clinician in your home.</li> <li>• Using videotaping, you will learn ways to develop a close relationship with your baby.</li> <li>• Attachment guidance is for parents who have experienced trauma in their lives.</li> </ul>
<input type="checkbox"/> <b>Watch, Wait and Wonder</b>	<ul style="list-style-type: none"> <li>• You will meet with a clinician in your home.</li> <li>• You will work together to understand how interacting with your child helps build a good relationship.</li> </ul>
<input type="checkbox"/> <b>Home Visits</b>	<ul style="list-style-type: none"> <li>• You will meet with a clinician in your home.</li> <li>• You will work together to identify and meet goals related to your child's development or your family.</li> <li>• You can borrow toys, books, videos and equipment from your clinician.</li> </ul>

## Infant-Parent Program Consultations and Supports

Name	Details
<input type="checkbox"/> <b>Developmental Assessment</b>	<ul style="list-style-type: none"><li>• You and your child will meet with the psychometrist in the clinic for testing.</li><li>• At a second meeting, the psychometrist will share the results of the assessment with you.</li></ul>
<input type="checkbox"/> <b>Speech/Language Consultation</b>	<ul style="list-style-type: none"><li>• You and your child will meet with the speech/language pathologist to identify your child's communication needs and discuss recommendations.</li><li>• Consultation sessions may be in your home, at your child's day care or at the clinic.</li></ul>
<input type="checkbox"/> <b>Newsletters</b>	<ul style="list-style-type: none"><li>• Newsletters are published and mailed to you two times a year.</li></ul>
<input type="checkbox"/> <b>Information about other services and resources</b>	<ul style="list-style-type: none"><li>• You can get information about other helpful services and resources from our clinicians, the Family Resource Centre (in the Ron Joyce Children's Health Centre) and Contact Hamilton.</li></ul>



## Questions about Infant-Parent Program Interventions

### When are interventions offered?

- Parent groups are scheduled a few months in advance.
- For in-home services, you and the clinician will schedule home visits.

### What if I need to cancel?

- If you cannot attend a session, please call your clinician or group leader as soon as possible.

### What if someone is sick?

- If any family member is sick, please call your clinician or group leader to discuss whether or not you should attend your session.

### Can I have other visitors?

- 'Attachment Guidance' and 'Watch, Wait and Wonder' are just for you and your child.
- For other home visits, you are welcome to include family members or friends. You may not wish to include others if you are going to talk about private matters.



### Who will work with me?

- Infant-Parent Program clinicians provide our services. Clinicians have education and experience working with young children and their families.
  - A psychometrist assesses children's development.
  - Dr. Alison Niccols, the program psychologist, supervises the clinicians and the psychometrist. You may meet with Dr. Niccols if you wish.
  - A speech/language pathologist (SLP) leads workshops and groups on early communication, and provides consultation.
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## How can I meet other parents?

- You can meet other parents through Infant-Parent Program group sessions.
- The **Hamilton Family Network** can connect you with 'resource parents'. Resource parents are experienced parents of children with special needs similar to yours. They can share common experiences and give you information and support. To reach the Hamilton Family Network, call **905-526-7190**.

You are welcome to volunteer as a parent representative on one of our committees.

## What supports are available in the community for parents?

Supports for parents in the community include:

- Financial support from the government
- Recreational programs
- Social support groups

We encourage you and your child to go to community workshops and groups for information and support. Check the **Growing Together Flyer** at [www.communityed.ca](http://www.communityed.ca) for the most current offerings.



If you live in Hamilton and need parent relief (respite) services, **CONTACT Hamilton** can help.

Visit <http://contacthamilton.com/index.php> or call **905-570-8888**.

## Where can I find information about parenting and child development?

We invite you to visit the **Family Resource Centre** on the first floor of the Ron Joyce Children's Health Centre. You will find books, videotapes, and other materials on parenting and child development. There is also a computer with access to the Internet.

## How and when is information shared about my child or family?

You and your family may work with other health professionals from McMaster Children's Hospital. They share information that is important to your child's care, by writing it in your child's health record.

Your written permission is needed to share information about your child with anyone outside the hospital. However, the law requires us to make some exceptions. We have a duty to report:

- any suspected child abuse or neglect
- sexual abuse by a health care professional
- a possibility of harm to yourself or others
- information as requested by the Court

**By law, you have the right to ask for and get information about your child.**

If you have questions about information practices at the hospital:

- Go to [www.hamiltonhealthsciences.ca](http://www.hamiltonhealthsciences.ca) and click on 'Patient Privacy' at the bottom of the page
- Contact the Privacy Office at [privacy@hhsc.ca](mailto:privacy@hhsc.ca) or 905-521-2100, ext. 75122.

## Are students involved in the Infant-Parent Program?

Yes. McMaster Children's Hospital is a 'teaching hospital'. We provide training for doctors, nurses and other health professionals. Each student is supervised by a registered health professional. All students follow the laws that protect your right to privacy.

With your permission, students may be involved with your child's care. Deciding not to work with students does not affect your family's care in any way.

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## Does the Infant-Parent Program take part in research?

Yes. Taking part in research helps us learn new knowledge and improve our services. We will tell you about the research studies that are taking place in our Program. You can decide whether or not you wish to take part. Your decision will not affect your family's care in any way.

We will ask for your written permission (consent) before you are included in any research study. Your name and personal information will not be disclosed to anyone who is not involved with the research.

Health professionals also may collect some information for quality improvement activities and government statistics. This will not include names or any information that could identify you, your child or your family.

## What should we do if we have compliments or concerns?

We welcome your feedback. Please take a few minutes to fill out our 'Quality Counts' postcard to tell us about your experience at McMaster Children's Hospital.

Hearing from parents and families is the best way to improve our care and services. Please be reassured that raising a concern will not affect your family's care in any way.



If you have a concern, please tell us as soon as possible. Feel free to speak directly with the staff involved. You can speak to the clinician providing services for your child, or call:

- Judy Van Es, Clinical Leader **905-521-2100**, ext. **77070**
- Dr. Alison Niccols, Psychologist and Clinical Director **905-521-2100**, ext. **77408**

**We will listen and respond to your concerns.**

If you feel your concerns have not been addressed, please contact the Office of Patient Experience, **905-521-2100** ext. **75240**.



More information about working with the healthcare team is available in the parents' guidebook, called **Mutual Respect**. Ask a team member for a copy of this booklet or go to [www.hhsc.ca/pedl](http://www.hhsc.ca/pedl) and enter 'mutual respect' in the search box.

<b>Summary</b>	
<b>What is helpful about the Infant-Parent Program?</b>	<b>What may be challenging about the Infant-Parent Program?</b>
<p>You will be able to get:</p> <ul style="list-style-type: none"> <li>• help in meeting your goals</li> <li>• parenting support</li> <li>• ideas about how to encourage your child's development</li> <li>• help in reading your child's cues and knowing how to respond</li> <li>• help in identifying strengths, needs, services and supports for your child</li> <li>• information and education on child development and parenting</li> <li>• help in problem-solving about your child's and your family's needs</li> <li>• information about hospital and community resources</li> <li>• opportunities to meet other parents</li> </ul>	<p>You may find that:</p> <ul style="list-style-type: none"> <li>• it is painful to talk about your child or your parenting</li> <li>• the session time or location may be inconvenient</li> <li>• filling out forms can take time</li> <li>• you feel a loss of privacy, even though your personal information is kept confidential</li> <li>• we are not able to see you when you want, although we try to as much as possible</li> <li>• our suggestions for parenting may feel uncomfortable, unnatural or unhelpful</li> <li>• changes may not happen as quickly as you want, which may be disappointing</li> </ul>