

Aims of Intensive Interaction

The aim of Intensive Interaction is to develop early interaction and communication skills. This might include some or all of the following:

- ✓ Eye contact
- ✓ Understanding of facial expression
- ✓ Understanding of cause and effect
- ✓ Enjoyment of being with another person
- ✓ Turn-taking
- ✓ Understanding of simple words
- ✓ Understanding that his /her behaviour and noises are valuable and meaningful
- ✓ Attention to another person

How to do Intensive Interaction

The key principle of Intensive Interaction is that the **child leads** the activity. This means that there is no particular goal to the activity (e.g. the goal is NOT for the child to take turns rolling a ball or to play peekaboo with you), and you are not telling or showing the child what to do. Instead the session should go with the flow and:

JOIN THE CHILD:

- During Intensive Interaction it is essential that you enter into the child's 'world' in terms of your physical position, but also the way in which you think and feel. Learn to accept the child as they are and enjoy what brings pleasure to him / her.
- It is important that you are 'tuned in' to the child and scanning for any tiny leads or signs of response.
- Make yourself available so that the child can access you. Often your body posture will gently imitate that of the child.

RESPOND to what the child does by:

- joining in / imitating
- making your voice / face / body language delighted and interesting to celebrate what the child is doing
- using bursts of simple speech to talk about what the child is doing
- stopping when it becomes clear the child has had enough

REPEAT AND EXPAND

- Both within a session and between different sessions there should be a lot of repetition of actions and sequences. This helps to provide familiarity, predictability, security and a sense of control.
- Within these repeated actions and sequences take opportunities when they arise to develop variations and expansions.

USE PAUSES

- Pauses are essential while you wait and see what the child will do next.
- The atmosphere should be relaxed and informal.
- Don't do too much!

Further information is available from your Speech and Language Therapist, or from:

- ✓ <http://www.intensiveinteraction.co.uk>
- ✓ "Access to Communication" by Nind, M. & Hewett, D. (1994) London: David Fulton.
- ✓ "A Practical Guide to Intensive Interaction." By Nind, M. & Hewett, D. (2001) BILD.

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