

# Embedded Intervention Practice Guide

Use the Individual Child Matrix or the Game Plan to plan and implement embedded intervention. Remember that your intervention should be playful, directly linked to a child's goals, and well-placed in the child's daily routine.

**Did it work?** Use the questions below to help you decide if your intervention is effective.

- **Did the child get a key learning experience?**  
Even though you planned a great intervention, it doesn't always get implemented. If you find that the intervention isn't being implemented successfully, try to identify the reason. It could be that routine selected is not a good match for the child's goal or that more support is needed in order to be able to implement your plan.
- **Did this intervention detract from other activities going on?**  
If it becomes impossible to carry out the typical routine/activity while implementing the intervention, go back to the planning stage. Be sure that you have carefully planned an intervention that is functional, have the right supplies, and that that the intervention easily fits into the routine.
- **Did the other children/adults know what you were doing?**  
When embedded intervention is done well, it looks seamless and easy. Ideally, those around you won't be aware of what you are doing. If they are, it isn't a huge problem—but it may mean that you need more practice so that your intervention can be successful without being disruptive.
- **Do you know what to do differently next time?**  
Embedded intervention is a practice and, like any professional practice, it takes time to perfect and fine-tune. Note any ideas that could make the intervention more successful and commit yourself to continuously improving your practice.
- **Is the child making progress?**  
It is impossible to measure the impact of embedded intervention unless you are committed to tracking a child's progress. Choose a monitoring system that fits your practitioner style and accurately assess child progress. If the child is not making progress, make the changes necessary. And don't waste time! Use your time with a child and family wisely.

**Not so much...** If the questions above help you realize that the intervention is not working use the questions below to modify your practice.

- **Did you pick a good target behavior?**  
One of the major reasons embedded intervention fails is that the target behaviors aren't appropriate for the child. Be sure that the family and every member of the team has an opportunity to provide input and that functional, developmentally appropriate targets are selected.
- **Were there opportunities in the daily schedule to work on this skill?**  
Best intentions...It might sound good to practice a skill during diapering or on a long car trip, but the stress of everyday life can make it difficult to stay focused on embedded interventions. Check to be sure that the work load is manageable and that the child's routine leaves room for intervention.
- **Did you need more planning in order to teach the skill in daily activities or routines?**  
After you try an intervention, you often discover key changes that will make it easier and more likely that the intervention can be implemented consistently. It could be changing materials or making small modifications to the daily routine to allow for more learning opportunities.
- **Do you just need to fine-tune the experience?**  
It could be that the intervention was somewhat successful and that it will get better over time. Everything takes time and embedded intervention will become a more solid practice when it is used consistently.

## **Embedded Intervention: Is It Working?**

**Did the child get a key learning experience?**

**Did this intervention detract from other activities going on?**

**Did the other children/adults know what you were doing?**

**Do you know what to do differently next time?**

**Is the child making progress?**

**What Will You Do Next?**