



A Guide to the Early Pathways Program

Early Pathways is an in-home therapy program developed by the Behavior Clinic at Penfield Children's Center for families with children age 5 and under with significant behavioral concerns. Clinicians work with both the caregiver and child to identify and address children's challenging behaviors, as well as the caregiver's reactions to behaviors. Early Pathways also addresses children's emotional concerns including trauma. Parents play a large role in their child's treatment, and they are required to be present and involved in every session.

The Early Pathways program typically takes 8-12 (60-90 minute) sessions to complete, but services can be shortened or last longer based on the family's unique needs.

Early Pathways typically works best for children with the following behaviors:

- Aggression towards others
- Temper tantrums
- Property destruction
- Hyperactivity
- Oppositional behavior and/or self-injury

Children with trauma symptoms such as nightmares, regression, uncontrollable crying, separation anxiety, worries, and frequent mood changes also benefit from this program.

Benefits:

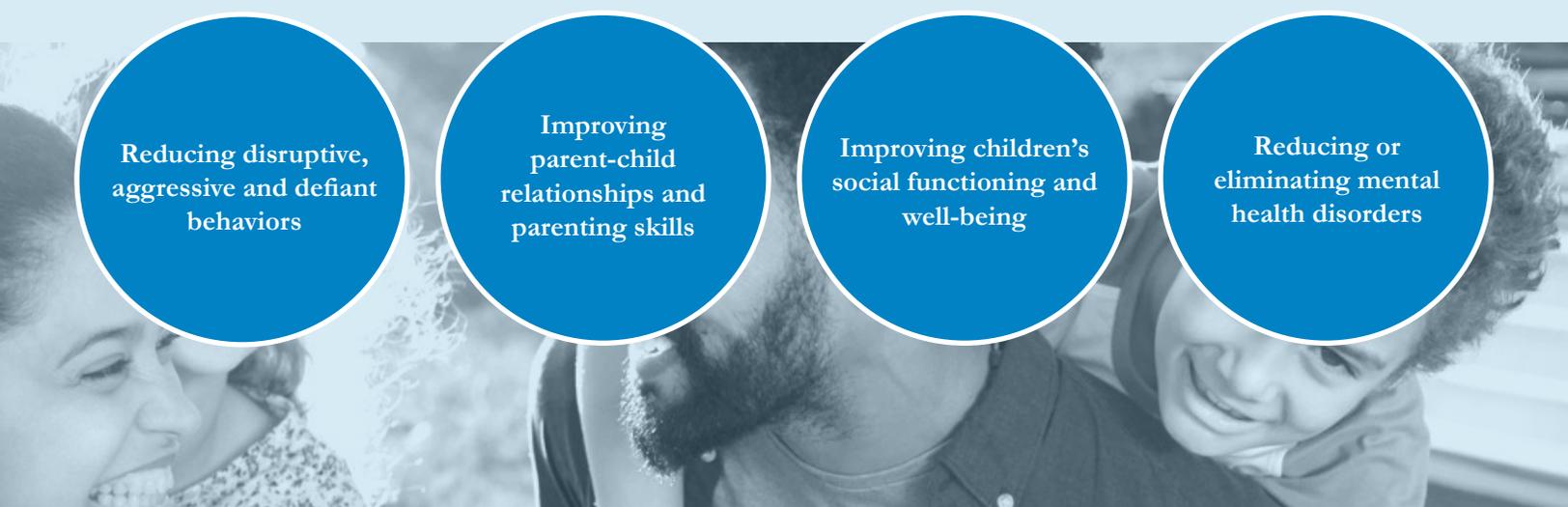
Based on an independent review by the National Registry of Evidence-Based Programs and Practices, Early Pathways has been shown to be effective in:

Reducing disruptive, aggressive and defiant behaviors

Improving parent-child relationships and parenting skills

Improving children's social functioning and well-being

Reducing or eliminating mental health disorders





Your Role as a Parent/Caregiver:

As a parent/caregiver of a child receiving Early Pathways' services, there are a few ways that you can help make treatment as effective as possible:

- **Engage in treatment.** Treatment works best when caregivers actively participate with the therapist and their child.
- **Be consistent.** Many of the concepts learned during treatment sessions build off of previous sessions. If there is more than one primary caregiver living with the child, it is best to try and have the same caregiver present at each appointment.
- **Practice what you learn!** It is important for caregivers to practice the play techniques and calm-down strategies learned during treatment sessions with their child. Techniques work best when they are consistently used in the child's home and community without the therapist.
- **Understand every child is different.** Keep in mind that children's behaviors will change at different rates and may respond differently to treatment techniques. In addition, it may take more time to address the behaviors of children who have experienced trauma, or may be experiencing trauma-related symptoms.
- **Be patient!** Your child's behavior is unlikely to change overnight, and may become more challenging when your parenting practices begin to change. Many parenting techniques and calm-down strategies taught in the Early Pathways program are easy to learn, but take work to use every day! We are confident that over time, the skills learned will begin to feel more natural for you and your child.

For more information or to enroll your child in the Early Pathways Program, please call Penfield Children's Center - [414.344.7676](tel:414.344.7676)