

# Using the Family 5Q

## What is the Family 5Q?

The Family 5Q is a framework for guiding caregivers on embedding interventions in daily routines and activities. Caregivers use the answers to the five questions, what is the target to embed, why is it important, how do strategies help, when/where/who uses the strategy, and how do they know the strategies are working. The caregivers' answers to the five questions become their guide to planning and implementing embedded intervention in their everyday routines to support their child's learning.

## Why use the Family 5Q?

Easy... it helps adults identify and remember the details. Each Q is an important component to structure learning by supporting the caregiver's ability to include intervention strategies in meaningful activities as they naturally occur. Embedded intervention should be systematic, intentional, and provide sufficient opportunities for the child to learn- so that means caregivers need to know what to do and how to do it in the moment.

## How to use the Family 5Q?

The Family 5Q is an adult learning prompt that providers share with caregivers to help them learn the components necessary for embedding intervention in their child's routines and activities. It is a support for planning new routines to make them systematic and functional. The Family 5Qs can also be used to problem solve what is and what isn't working and to develop plans.

## When to use the Family 5Q?

You introduce the Family 5Q at the initial visit and use it with caregivers several times each visit (e.g., during session planning) to reflect after the routine and when planning for what will happen throughout each day. Using the Family 5Q frequently can help with remembering the details in the routine and learning how variations work in different activities.

## How do you know the Family 5Q is working?

It's working when the caregivers have all of the components needed for teaching their child and are confident naming or explaining the intervention to support their child's learning. Providers also know it's working when caregivers can develop new routines or add different targets and strategies to familiar ones. Caregivers know it is working as their child participates and learns in their everyday life.

## A Quick View of the Family 5Q

				
<b>WHY?</b> Is the target, strategy or routine important to support the child's learning?	<b>WHAT?</b> Are the child and family's target(s)-specific, right size and important for the relevant content?	<b>WHEN? / WHERE? / WHO?</b> Which routines, activities, places, times and people will support the child?	<b>HOW?</b> Will the strategies the caregiver uses with the child support learning and participation?	<b>IS IT WORKING?</b> How will family gauge whether the plan is working and the child is learning?