



Chat: Supporting Your Child Through Naturalistic Methods

Many young children with delays in development including children with autism spectrum disorder (ASD) face challenges with communication, social skills, tantrums and other behavioral issues.

You know your child the best. You've learned their behaviors, routines, sensitivities and ways to soothe them. Still, everyone needs support, and that is why Chat was created. Studies have shown that parents and caregivers can help young children grow and develop with resources such as training and professional guidance.

What is Chat?

Chat is an early intervention program created by a team of clinical experts to provide resources through naturalistic methods for children under the age of 6. That means incorporating learning and growth opportunities into everyday

interactions with family members and friends with the support of a Chat Clinician.

The areas of research used to develop Chat include:

- Child developmental milestones or how typically developing young children develop.
- How children with ASD, intellectual disabilities and other developmental disabilities learn and grow.
- How to improve language in young children with language delays.
- How to promote social-emotional development.
- How children learn as they play.
- Teaching children in their natural environment during their routine day.
- The effectiveness of interventions parents and other caregivers provide.

How Does it Work?

You'll be connected with a Chat Certified Clinician or team. Each Chat program is overseen by a licensed clinician. The plan will include your child's current developmental level and focus on activities that can be incorporated into your daily routines to help them grow and thrive. Progress will be measured against milestones that assess improvements in abilities, skills and behaviors.

Examples of Chat Techniques

As mentioned above, developmental milestones will help you learn how to help your child reach their goals. Other techniques include:

- Sensory profiles that help you understand your child's sensory needs.
- Developing joint attention skills, or shared attention (these skills are important "learning to learn" skills and joint attention is when two people are focused on the same thing).
- Assistance with behavioral strategies that will focus on increasing or decreasing certain behaviors.
- The use of play to help your child's development.
- Practicing social attention by seeking and responding to attention.



- Incorporating natural routines into interventions.
- Using imitation to help improve communication skills.

Is Chat a Good Option for Me?

If you're seeking to involve your whole family in your child's treatment and are open to using some of these hands-on techniques in your daily routines, including play-based learning, Chat may be a good fit for you and your family.

You'll need to spend a couple of hours each week learning and practicing new skills, and with the right motivation, these techniques can greatly improve your child's language, social skills, behavior and play. An added bonus is that Chat can also enhance relationships with friends and family, and you can have some fun along the way!

Ready to Chat?

Get in touch with Catalight Care Services by calling (855) 843-2476 or emailing us at: customerservice@catalight.org. We look forward to chatting soon!