Intensive Interaction – Guide for Parents

**What is intensive interaction?**

Intensive interaction is a method of teaching communication skills to individuals. It can be carried out by anyone anywhere.

Intensive interaction can develop the following interaction skills:
- Participation and shared enjoyment
- Building relationships
- Using and understanding eye contact (e.g. looking)
- Using and understanding facial expressions (e.g. smiling)
- Turn taking in communication through exchanges of behaviour (e.g. copying actions)
- Using vocalisations

**Who is Intensive Interaction For?**

Intensive Interaction is for individuals who are at the early stages of communication development. It can be used with individuals across the age span i.e. very young children to adults.

**Why Intensive Interaction?**

The aim is to develop communication through [relaxed](https://example.com) and [enjoyable](https://example.com) sequences between you and the child.

Let the child take the lead during the interaction. The adult responds to and join-ins with their behaviour.

Through these interactions, your child can learn fundamental communication skills.
How to do Intensive Interaction

- Set aside some time to be with your child to carry out Intensive Interaction.
- Make sure your child can see your face - Get down to the same physical level of your child.
- Give them your full attention.
- PAUSE – wait, be patient and watch carefully what your child is doing. This will give your child time to process your response and to give them an opportunity to respond to you.
- Let the child lead and direct the interaction – join in and copy their behaviours (e.g. facial expressions, vocalisations, movements)
- Follow the pace of your child. Remember, the focus of the interaction is your child.
- The interaction should be fun and relaxed!
- Stop the interaction when the child has had enough. It is ok for sessions to be short or repetitive.
- You don’t need to use other objects during the interaction, but it is ok if your child uses objects (e.g. toys) during the interaction section.
- Through many positive experiences from these interactions, your child will begin to learn that engaging with others can be enjoyable and rewarding.

For more information and video examples of Intensive Interaction, please see link below: https://www.intensiveinteraction.org/find-out-more/about-intensive-interaction/how-does-it-work/