

# Intensive Interaction

## The Approach

Intensive Interaction is a practical approach to interacting with people who find it hard to communicate and helps them to develop their communication skills.

The focus is on spending time with someone in a responsive and sociable way that they can enjoy and relate to.



## Do:

**BE RESPONSIVE** – follow the child's lead.

**QUALITY** – the interaction should be mutually pleasurable, not task or outcome based.

**LOOK** at what the child is doing and join in as much as you can without causing distress.

**LESS IS MORE** – carry out intensive interaction strategies for a short amount of time (especially when first being used) and build it up. It is better to do this little and often.

## Things you can do:

- Share personal space
- Eye contact
- Exchanging facial expressions
- Physical contact
- Copy noises/words the child makes
- Mirror actions the child does
- Joint-focus activity
- Joint action
- Leave a gap before responding to develop anticipation.
- Turn-taking

## Don't:

Do NOT force the child to interact – it will take time before any effects are seen. You may be having more impact than you realise!

Do NOT make the child do a certain activity – join in with the activity the child is doing.