



ELIZABETH CASSON TRUST 

From Silver Fern to Maple Leaf: Seasons of Change in Parent Coaching and Occupational Therapy

Tai Frater



WFOT attendance kindly supported by a grant from Elizabeth Casson Trust



Introductions

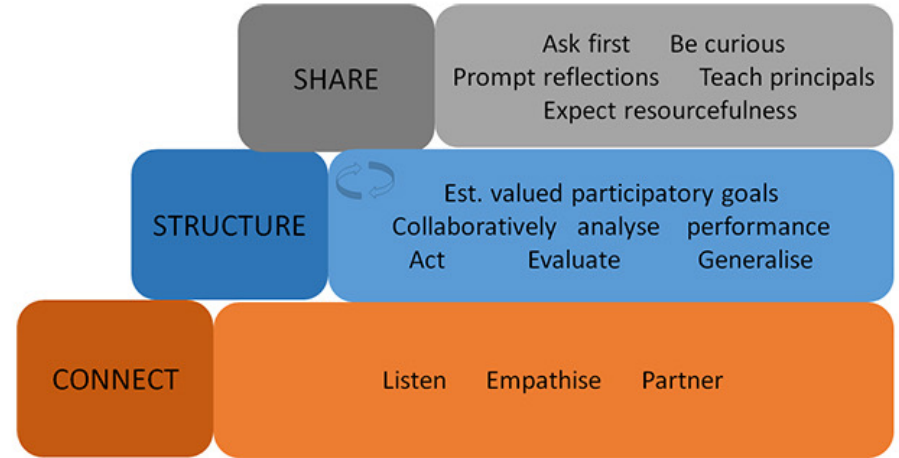


Brunel
University
of London



**From silver fern...
Aotearoa New Zealand 2019**

Ways of interacting: The roots of Occupational Performance Coaching



Three enabling domains of Occupational Performance Coaching. First published Graham, F. (2020), Occupational Performance Coaching Resources. This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. University of Otago.

[Occupational Performance Coaching \(OPC\) | University of Otago](#)

A shift in agency: The golden moment



Parent expertise: Taking power back





...to maple leaf
Canada 2024



Reframing concepts and conversations with the “F” words: Pick your start point



The Six F-Words for Child Development

1



FUNCTIONING

I might do things differently but I CAN do them. How I do it is not important. Please let me try!



2 FAMILY

My family knows me best and I trust them. Listen to them. Talk to them. Hear them. Respect them.

3



FITNESS

Everyone needs to stay fit and healthy both physically and mentally. Help me find ways to keep fit.



4 FRIENDS

Having friends is important. Please give me opportunities to make friends.

5



FUN

Life is about having fun. Please help me do the activities that I find the most fun.



6 FUTURE

I am growing up every day, so please find ways for me to participate and be included in my community

<https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability>

Proudly supported by The Allergan Foundation

Unlearning expertise: The healing power of being beside someone



Knowledge Translation



Parent and caregiver coaching for children, young people and families

Evidence summary



What is parent coaching?
Parent and caregiver coaching is a strengths-based and empowering approach to support children, young people and families.

What is the focus?
Coaching focuses on the individual's goals, learning and development and promoting personalisation of care.

What can it help with?
Parent coaching has been shown to improve educational outcomes, child development, motor skills, reading, toileting, behaviour, self-care skills, sleep quality and reduce parental stress.

Who can it help?
Various people, including parents of autistic children, children with an increased likelihood of disability, children with cerebral palsy, developmental delay, brain injuries, learning difficulties and behaviour disorders.

What is involved?
Coaching involves emotional support, structured learning, goal setting, observation, action, reflection, feedback and generalisation.

How is it delivered?
Face-to-face sessions or telehealth, with individual or group interventions. No specialised equipment is required.



WFOT
Congress 2026



Connect with me 😊

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Or come say hi!



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