

BEAR

IF YOUR CHILD'S
DEVELOPMENT DOESN'T
HAPPEN NATURALLY



BEAR (Blended E-health intervention for children at eArly Risk) is a training for parents of young children (12 to approximately 36 months) who develop differently in terms of socially connecting, communicating, playing or flexible behaviour.

BEAR aims to support young children and their parents at an early stage and in a playful manner.

What will you learn during BEAR?

As a parent, you will gain more insight into your child's development. You will discover what can help your child take developmental steps, especially in the areas of sensory processing, play, contact, communication and/or flexible behaviour.

***"THANKS TO BEAR, WE
HAVE LEARNED HOW TO
REALLY CONNECT WITH
OUR CHILD"***

What does BEAR involve?

BEAR consists of seven home visits by a specially trained BEAR counsellor and information and exercises in the BEAR app.

- **Seven home visits**

Seven home consultations, each lasting approximately 60 to 90 minutes, will be scheduled with the BEAR counsellor.

- **BEAR app (for smartphone)**

In this app, you can review information and examples, view tips and complete exercises. With the BEAR counsellor, you can discuss which chapter you will complete before the next session.



Home visits

During the first home visit, you will meet the BEAR counsellor who will explain more about BEAR, discuss any questions you may have, and play with your child. Together, you will set goals for the BEAR programme based on your questions and the counsellor's observations during play.

During each home visit, the BEAR counsellor will explain which information (chapters) will be covered in next appointment. During the home visits, this information from the BEAR app will be discussed with you. You will also practice this by playing with your child. Meanwhile, the BEAR counsellor provides advice. Short videos of these practice sessions can be made and viewed together. This may feel a little uncomfortable at first, but it is often very insightful.

The final home visit is an evaluation. Together, you will evaluate the set goals, whether BEAR was adequate for you and what further actions may be desirable.

Registration

Registration for the BEAR intervention takes place through healthcare providers such as your general practitioner, 'Integrale Vroeghulp (IVH)', paediatrician at the Child Health Care centre (well-baby clinic) or the municipality's neighbourhood/community team (sociaal wijkteam).

Costs

There are no costs associated with participating in BEAR.

More information

For more information about BEAR, please contact the [BEAR counsellor](#) in your region:

Name:

Phone number:

Email address:



***"I WANT EVERYONE WHO NEEDS IT TO
HAVE THE BEAR TRAINING"***

