



# Everyday Play Know the Features of NDBI

## Parent/ caregiver guide

Naturalistic Developmental Behavioral Interventions are used in early childhood and adapt family routines and play to promote children’s social growth.

NDBIs are:

**Intensive** – hands-on learning and practice

**Consistent** – repeated learning opportunities throughout the day

**Evidence-based** – targeted to specific goals, and evaluated consistently with support for parents

## KEY FEATURES

### Naturalistic

Learning environment resembles where and how the skill will be used, including the

- Physical space
- Social context (people involved) used
- Type of encouragement and social rewards

### Developmental

Strategies are developed using a systematic assessment of what is developmentally appropriate.

- Selection of intervention targets should match the child’s strengths and needs
- Strategies should fit the child’s language, physical, and other skills and interests
- Based on data-driven developmental sequences and prerequisites for acquisition of specific skills

### Behavioral

Focuses on antecedents and consequences and developing learned associations through systematic instruction. It has the following attributes:

- Clearly defined goals
- Target behaviors that are socially significant
- Learning opportunities are provided throughout the child’s day

Source: Some information in this resource is based on definitions by Schreibman et al. (2015) and Vivanti & Zhong (2020).



**Kyle Sterrett, PhD**, is an assistant professor of pediatrics at the University of Minnesota Medical school, where he conducts comprehensive evaluations within the Autism and Neurodevelopment Clinic and supports families through early intervention programs provided through the MIDB Tele-Outreach Hub.