

## Useful sources of information

For further information about using Intensive Interaction and training opportunities please see our website or call/email us to book in a time to speak with a Speech and Language Therapist:

[www.whittington.nhs.uk/barnetcit](http://www.whittington.nhs.uk/barnetcit) Call us on 020 3316 8900 or email: [whh-tr.barnetcit@nhs.net](mailto:whh-tr.barnetcit@nhs.net).

[www.intensiveinteraction.org](http://www.intensiveinteraction.org)

[www.sense.org.uk](http://www.sense.org.uk)

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

Twitter.com/WhitHealth  
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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## Speech and Language Therapy

# Using Intensive Interaction

## A guide for Parents/Carers



## What is Intensive Interaction?

- Intensive Interaction is an approach to interacting with and teaching early communication and interaction skills to children/young people who have differences in these areas.
- Intensive Interaction was developed by Dave Hewett PhD and Melanie Nind PhD in the 1980s. It aims to teach the basic Fundamentals of Communication as well as helping to develop sociability, cognitive abilities and emotional well being.
- Intensive interaction works by gradually developing enjoyable and relaxed interactive sequences. During these sequences of interaction, the Fundamentals of Communication are rehearsed and learned in a free-flowing manner.

## Fundamentals of Communication

Enjoying being with another person	Sharing personal space	Using and understanding physical contacts
Developing the ability to attend to another person	Learning to regulate and control arousal levels	Vocalising and using vocalisations meaningfully (including talking)
Developing concentration and attention span	Using and understanding eye contacts	Taking turns in exchanges of behaviour/language
Learning to do sequences of activities with another person	Using and understanding facial expressions	Using and understanding other NV communications

## Who is Intensive Interaction for?

The approach is designed to meet the learning needs of people who are at the early stages of communication development.

## What do you do?

Step 1- Copying and building confidence together

- ✓ Working on sharing personal space.
- ✓ Short regular sessions (3-4 minutes to start).
- ✓ Give your undivided attention and follow the child's lead.
- ✓ Copy movement, vocalisations and facial expressions.
- ✓ Monitor the child's response and see what gains the best response.
- ✓ When they start, your start. **When they stop, you stop.**
- ✓ Don't copy negative actions (e.g., hitting) - reinforce the next positive behaviour.

## Is there anything I must or must not do?

The only rule with Intensive Interaction is: "The interaction stops when the child has had enough".