**Workshop Transfer of Learning Activities**

**Trainer Name(s)**: Cindy Muhar

**Workshop Title**: Home Visitor Foundations Session I

**Type of Activity**: Reflective Discussion for 1:1 Supervision or Team Meeting Activities

**Materials Needed**:Reflective Questions (below)

**Time Needed**:as much time as you wish to dedicate to this exercise

**Activity Description**:Reflective Discussion

**Reflective Discussion Questions for 1:1 Supervision or Team Meetings:**

*Trauma Related:*

How has your understanding of trauma and its effects better help you serve families?

How comfortable are you talking with families about the Childhood Experiences Survey?

What strategies have you found to be effective in working with families who have experienced trauma?

What support or resources would help you to provide more effective trauma sensitive service to families?

What kind of impact can your role have on preventing, or mitigating, trauma for the children in the families you serve?

*Strength-based Principles:*

What strength-based approaches, or strategies, have you used recently with a family?

What challenges have you experienced using strength-based approaches with families?

What personal beliefs, perceptions, or attitudes of yours might interfere with a strength-based approach with some families?

How have you found the Five Protective Factors to be helpful in your work?

How have you applied the Five Protective Factors in your work within the last 2 weeks? What happened? How might you approach a similar situation in the future?

*Family Engagement*

How do you know when a family is engaged in our program? with you? What are some signs?

What approaches have you tried to engage families? What has worked for you?

What challenges have you faced trying to engage families?

What might be barriers to engagement, for families who have experienced trauma, or felt marginalized?

How have you tried to build trust with families?

*Assessment Tools*

Which assessment tool have you used most recently? How comfortable are you with that tool? How do you think the assessment went? How did you use the results of the assessment in your service planning?

How have you used assessment tools to help families identify and set goals?

Which assessment tool(s) are you most comfortable using with families? What makes you comfortable with that tool?

Which assessment tools do you struggle with, or feel uncomfortable using? What are the challenges you face with this tool?

What support and resources do you need to feel confident and comfortable with *(name of)* assessment tool(s)?

*Goal Setting*

Tell me about your experiences working with families to help them identify and reach goals.

How do you help families to identify goals?

Within the last two weeks, what goals have families you work with identified?

What are the challenges you face helping families to identify and reach goals?

What types of parent-child interaction goals have families recently set?

How have you helped families celebrate when they reach goals or goal benchmarks?

What goal setting strategies have been helpful with families?

What support and resources do you need to help families to identify and reach goals?

*Problem Solving*

How do you help families with problem solving? What strategies do you find effective?

What have families learned from you about solving their own problems?

What challenges do you face when helping families learn to solve problems?

What support and resources do you need to help families learn to problem solve?

How do you acknowledge a family’s problem-solving successes?

**Videos for Group Discussion**

[*Home Visiting: Family-Centered Practices*](https://www.youtube.com/watch?v=s8RPrFvY-sk)(3:13 min.) This video provides footage of a home visitor modeling and coaching parents in ways to support their child’s cognitive development. The video also includes an introduction where a narrator prompts viewers to watch for the home visitor’s skills in this area. U.S.Administration of Children and Families

[*Parents as Teachers Foundation to Three Mock Home Visit*](https://www.youtube.com/watch?v=la7kotbSnCw)*,* Part 1(4:07 min) The home visitor describes a learning activity and its benefits for baby, as she teaches activity to mom and baby. CPLC Parenting Arizona.