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- What is your current role, and
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Using Wi-Fi alone may result in problems with viewing the short videos we plan to share during this webinar.

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**Reflective Practice in Home-based Programs**

June 11, 2019

Presenters:  
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Donna Ruhland, NCECDTL

NATIONAL CENTER ON  
Early Childhood Development, Teaching and Learning

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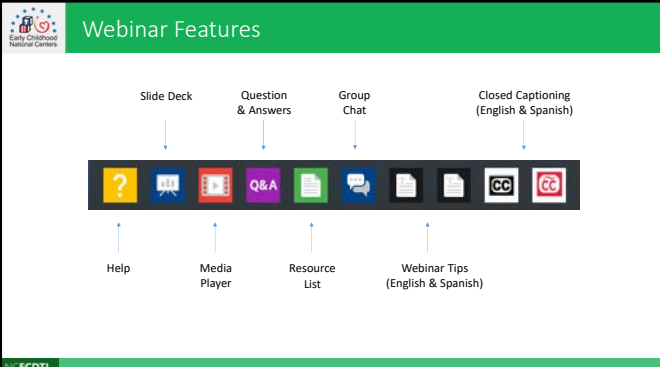
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**Webinar Features**



Slide Deck    Question & Answers    Group Chat    Closed Captioning (English & Spanish)

Help    Media Player    Resource List    Webinar Tips (English & Spanish)

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**Session Objectives**

At the end of this presentation, you should be able to:

- Explore what reflective practice is and why it is important
- Examine how our own experiences and beliefs influence our work
- Share strategies that support developing skills in reflective practice
- Review resources that support reflective practice

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**Poll Question**

Which statement best describes you?

- A. I consistently engage in reflection.
- B. I often engage in reflection.
- C. I sometimes engage in reflection.
- D. I do not engage in reflection.

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What is Reflective Practice and Why is it Important?



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**What is Reflective Practice?**

Reflective practice allows for the management of:

- Strong emotions and reactions.
- Awareness of the meaning of events to other people.
- Current practices and choices made.
- Contextual effects and their impacts.



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**Self-Reflection and Reflective Supervision**

**Self-Reflection is an opportunity -**

- To look at ourselves and our work to support continuous quality improvement.
- To look at ourselves and our work to understand why we make the choices we do.
- To acknowledge our strengths and challenges to improve our skills.

**Reflective Supervision is an opportunity -**

- For leadership to use the strategies of reflection to foster growth, reinforce strengths, and encourage resilience.
- To provide encouragement and guidance staff need as they experience successes and challenges in the field.

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**Parallel Process and Ripple Effects**

Supervisors

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Home Visitors

↓

Parents

↓

Children

"Do unto others as you would have others do unto others"  
- Jeree Pawl & Maria St John

- How people are treated affects how they feel about themselves and how they treat others
- How HV understands and treats parents influences how parents understand and treat their babies
- Be WITH parents so they can be WITH their babies

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**Reflective Environment**

Create a safe environment that supports reflection and comfortable sharing.

- Establishing a regular and protected time for supervision
- Sharing the power
- Accentuating the positives
- Listening without judging
- Modeling healthy conflict management
- Making time for reflection
- Remembering that you are not alone
- Establishing healthy boundaries



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**The Benefits of Reflective Practice**

Benefits for Supervisors	Benefits for Home Visitors	Benefits for Families
<ul style="list-style-type: none"> <li>Being a positive constant for home visitor</li> <li>Consistent collaboration with staff</li> <li>Gain knowledge of challenges staff and families are facing</li> </ul>	<ul style="list-style-type: none"> <li>Being a positive constant for families</li> <li>Consistent collaboration with families</li> <li>Gain strategies and resources to better support families</li> </ul>	<ul style="list-style-type: none"> <li>Being a positive constant for child</li> <li>Consistent collaboration with a home visitor</li> <li>Gain strategies and resources to better support child</li> </ul>

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**How Can Programs Support Reflective Practice?**

Examples of ways programs can support reflective practice:

- Using data to inform intentional planning for reflective practice
- Providing ample opportunities to be reflective
- Promoting staff wellness



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Strategies to Support Developing Skills in Reflective Practice



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Effective Home Visiting Practices



Effective Home Visiting Practices

- Establishing a **positive relationship** with the parent, child, and other participating family members;
- **Responding** to each family’s unique strengths and culture;
- **Facilitating** developmentally supportive parent–child interactions; and
- Establishing a **collaborative partnership** with the parent to support the child’s ongoing development

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Establishing a Collaborative Partnership With The Parent

Support collaboration by:

- planning jointly
- reflecting on how well the activity went together
- asking parents what they observe and what they think will happen next
- listening to parents before sharing your own approach



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**Active Listening**

- STOP**
  - Stop what you are doing and pay attention to the speaker
- LOOK**
  - Maintain supportive/attentive body language and facial expression
  - Watch for non-verbal cues from the speaker
- LISTEN**
  - Listen to what is being said
  - Attend to words, tone, and body language
- RESPOND**
  - Respond in a way that shows you have been listening and you understand
  - Reflect back on what has been shared

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**Mindfulness is...**

- “Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” (Kabat Zinn)
- Doing the things we usually do, like observing, interacting, eating, walking, sitting, but with more awareness



Slide source: National Center on Early Childhood Health and Wellness

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**Motivational Interviewing Principles**



- Express empathy and reflective listening
- Identify differences between the families' goals and their actual behaviors
- Avoid arguing
- Adjust to the families' resistance
- Support the families' self-efficacy

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**Motivational Interviewing Techniques**

Five strategies for Motivational Interviewing:

1. Ask open-ended questions
2. Listen reflectively
3. Summarize
4. Affirm
5. Elicit self-motivational statements



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**B.E.T.H.**

- BETH is a great friend to have when things get stressful! If you practice calling on her, she will start appearing in your thoughts more and more automatically with time.

<b>B:</b>	<u>Belly breath.</u> Take a slow, deep abdominal breath.
<b>E:</b>	<u>Emotions.</u> Take a look at your emotions by asking: <b>What am I feeling right now?</b>
<b>T:</b>	<u>Thoughts.</u> Take a look at your thoughts by asking: <b>What negative thoughts am I having right now?</b>
<b>H:</b>	<u>Helpful response.</u> How can I rephrase my negative thoughts?: <b>What is a more HELPFUL RESPONSE?</b>

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**Video: Using Reflective Practice in Programs**



<https://ecikr.ohs.acf.hhs.gov/video/learning-partnership-using-data-reflective-practice-programs>

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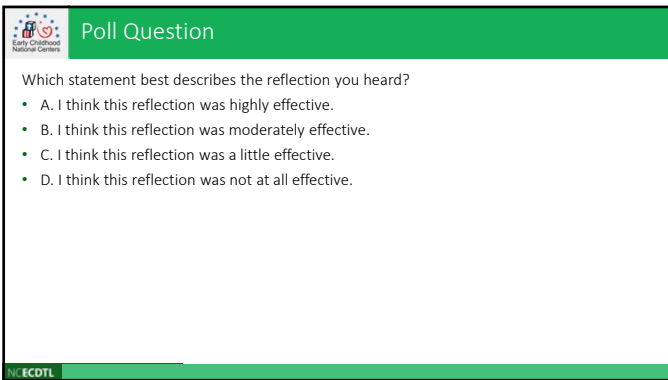
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**Motivational Interviewing**

HEAD START | ECLKC  
Mental Health  
Motivational Interviewing Suite  
https://eclkc.ohs.acf.hhs.gov/mental-health/article/motivational-interviewing-suite

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**Family Connections: A Mental Health Consultation Model**

Some of the topics covered:

- Having difficult conversations
- Understanding depression across cultures
- Fostering Resilience
- Parenting through tough times
- Self-reflection as a professional tool
- Self-reflection in parenting
- Supportive supervision

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/family-connections-mental-health-consultation-model#intro>  
Slide source: National Center on Early Childhood Health and Wellness

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**Mental Health Resources for Staff and Families**

- The Mental Health Consultation Tool: <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool>
- Promoting Children’s Social and Emotional Well-Being: <https://eclkc.ohs.acf.hhs.gov/mental-health/article/promoting-childrens-social-emotional-well-being>
- Promoting Staff and Family Well-Being: <https://eclkc.ohs.acf.hhs.gov/mental-health/article/promoting-staff-family-well-being>
- Nurture Them, Nurture Yourself: <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/nurture-them-nurture-yourself.pdf>

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**Additional Resources**

- Attitudes and Practices from the Building Partnerships: Guide to Developing Relationships with Families document: <https://eclkc.ohs.acf.hhs.gov/family-engagement/developing-relationships-families/building-partnerships-guide-developing>
- Relationship-Based Competencies for Home Visitors: <https://eclkc.ohs.acf.hhs.gov/family-engagement/article/relationship-based-competencies-support-family-engagement-professionals>
- Relationship-Based Competencies to Support Family Engagement Overview for Early Childhood Professionals: <https://eclkc.ohs.acf.hhs.gov/family-engagement/article/relationship-based-competencies-support-family-engagement>
- Understanding Family Engagement Outcomes: Research to Practice Series: <https://eclkc.ohs.acf.hhs.gov/family-engagement/article/understanding-family-engagement-outcomes-research-practice-series>

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**Putting It All Together**



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**MyPeers Home Visiting Community**



<http://www.123contactform.com/form-2230355/My-Peers>

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### Text4 Home Visitors



Be in the know!  
Subscribe

Text 4 Home Visitors

To sign up, text HOME to 22660  
Text STOP to 22660 to cancel or HELP to 22660 for technical help

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### Questions?



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For more information, please contact us at [ecdctl@ecetta.info](mailto:ecdctl@ecetta.info) or call (toll-free) 1-844-261-3752

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