

## Partnering with Families: Building Positive Goal-Oriented Relationships

### Module 4 Learning Activity: Reflective Practice

Reflection requires practice and commitment to learning, like any skill. Use these four strategies to enhance your reflective practice. Consider these questions as you reflect by yourself, with a peer, or with a supervisor.

You may print this resource and keep it with the journal you use for reflective practice. Or post this resource as a reminder to make time to reflect on your work with families.

#### Strategy #1

##### Observe and remember what happens with children, families, and staff.

What did I observe or experience? What does it mean for me? What do I think it means for the other people involved?

What interactions or observations stand out most in my mind?

What have I learned recently that will help me support the development of the children I work with?

What have I learned recently that will help me support the goals of the families I work with?

What is working? What isn't working as well?

#### Strategy #2

##### Think about how your own experiences affect you and your work.

What did I do, say, or feel? Why am I responding this way?

How might my own background and experiences be influencing the way I am acting or responding?

Have I experienced something like this in the past? How did I react then? What happened and what did I learn?

How did other people respond? What do I think it meant to them?



**Strategy #3**

**Think about the perspectives of others.**

What assumptions am I making about this person or situation that may not necessarily be true? Am I making any assumptions based on culture, gender, or ethnicity?

What else do I know about this person that could be shaping the way he/she is acting or what he/she is saying?

What past experiences has this person had that could influence how she/he feels right now?

What else do I need to know about this person to understand his/her perspective?

**Strategy #4**

**Identify stressors.**

How do I normally act in stressful situations? How do I know when I'm feeling too much stress?

What are some ways I've learned to deal with stress in the past?

Who can I turn to for support when I'm feeling overwhelmed?

What can I do in the future to feel less stress when a similar situation occurs?