While You’re Waiting………..

While you are waiting for the webinar to begin, please introduce yourself in the chat box:

• Tell us your name
• What is your current role, and
• How long have you been in this role?

Participation Note:
We love Wi-Fi, but for the best webinar experience, please make sure you are hardwired to an Ethernet cable. Using Wi-Fi alone may result in problems with viewing the short videos we plan to share during this webinar.

Reflective Practice in Home-based Programs
June 11, 2019
Presenters:
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Webinar Features

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

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

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.

What is Reflective Practice and Why is it Important?
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.

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.

Parallel Process and Ripple Effects

"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
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

The Benefits of Reflective Practice

<table>
<thead>
<tr>
<th>Benefits for Supervisors</th>
<th>Benefits for Home Visitors</th>
<th>Benefits for Families</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Being a positive constant for home visitor</td>
<td>• Being a positive constant for families</td>
<td>• Being a positive constant for child</td>
</tr>
<tr>
<td>• Consistent collaboration with staff</td>
<td>• Consistent collaboration with families</td>
<td>• Consistent collaboration with a home visitor</td>
</tr>
<tr>
<td>• Gain knowledge of challenges staff and families are facing</td>
<td>• Gain strategies and resources to better support families</td>
<td>• Gain strategies and resources to better support child</td>
</tr>
</tbody>
</table>

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
Strategies to Support Developing Skills in Reflective Practice

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.

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
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 listing and you understand
• Reflect back on what has been shared

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

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
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

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: Belly breath.
Take a slow, deep abdominal breath.

E: Emotions.
Take a look at your emotions by asking: What am I feeling right now?

T: Thoughts.
Take a look at your thoughts by asking: What negative thoughts am I having right now?

H: Helpful response.
How can I rephrase my negative thoughts? What is a more HELPFUL RESPONSE?

Video: Using Reflective Practice in Programs

Let's Practice: Home Visitor and Parent Reflection

Poll Question
Which statement best describes the reflection you heard?

• A. I think this reflection was highly effective.
• B. I think this reflection was moderately effective.
• C. I think this reflection was a little effective.
• D. I think this reflection was not at all effective.

Resources to Support Reflective Practice
Motivational Interviewing

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


Slide source: National Center on Early Childhood Health and Wellness

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

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 Staff and Family Well-Being: https://eclkc.ohs.acf.hhs.gov/mental-health/article/promoting-staff-family-well-being

Additional Resources


Putting It All Together

MyPeers Home Visiting Community

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