

Strength-Based Practice empowers families through minimizing their weaknesses and maximizing their strengths.

Strength-based beliefs:

- All families have strengths
- Strengths can be used to meet challenges and reduce stress
- All families are capable of learning and making changes
- Families make changes and accomplish goals when they are actively involved in creating a plan to achieve those goals
- Families have the right to self-determine for their own family

Connect families to community supports – Know what formal and informal supports are available for families in your community. Follow up with families on resources and referrals.

Reflective Practice – Exploring your own beliefs, biases, challenges, successes, plans and dreams for the families you serve. The components of reflective practice for family support professionals are:

The Experience - The visit or conversation with the family

The Observation - Documenting what you saw and what you heard

The Reflection - Occurs in supervision, either formal or informal, and gives the family support professional an opportunity to reflect on the visit or conversation and do some interpretation

The Planning - Occurs in supervision. After reflecting on the visit or conversation, and engaging in critical thinking about the facts, the family support professional can move to planning for support and interventions.

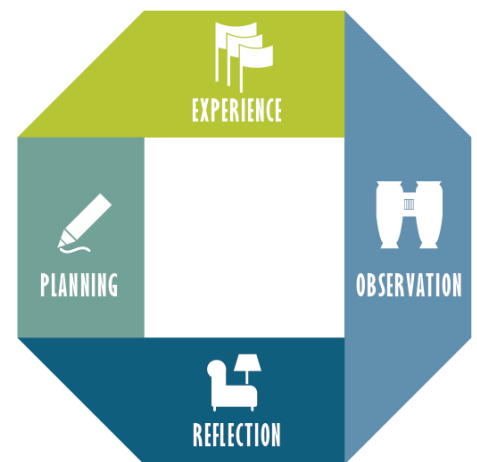


Figure: Technology for Teaching

Critical Thinking:

To think critically, **think RED**. Thinking RED means initially stopping and consciously clearing some space to think deeply.

- **R** stands for **recognize assumptions**. Make a conscious decision to suspend beliefs and opinions. Don't assume that this situation is just like the one last week.
- **E** stands for **evaluate information**. Check your emotions. Is the message you are hearing, or is what you are seeing, fact-based? Work to remain objective, take in the information, and begin to evaluate it.
- **D** stands for **draw conclusions**. Now that the information is gathered, ask yourself, "Do I need more information? Is there someone else to talk to?" Draw conclusions without making generalizations.

Resources

Chapter 1: Welcome

Chapter 2: A Strength-Based Approach

- Strength-Based Beliefs - [Handout](#)
- Strength-Based Belief Case Study – [Transcript](#)
- Principles of Strength-Based Practice - [Resource Handout](#)

Chapter 3: Family-Centered Services

- Family-Centered Services – [Video](#)
- Culturally Sensitive and Responsive Services - [Handout](#)
- Cultural Competencies Self-Assessment Questionnaire - [Resource Handout](#)
- Cultural and Linguistic Competency Toolkit - [Resource Handout](#)

Chapter 4: Solution-Focused Practice

- Defining Solution-Focused Practice - [Handout](#)
- Solution-Focused Practice Demonstration – [Transcript](#)
- Trusting Relationships - [Handout](#)
- Silence as a Strategy for Solution-Focused Dialogue – [Video](#) and [Transcript](#)
- Solution-Focused Communication Strategies - [Resource Handout](#)
- Goal Setting Question - [Resource Handout](#)

Chapter 5: A Solution-Focused Approach in the Home

- The Home's Physical & Emotional Environment - [Handout](#)
- Documenting the Facts – [Video](#)
- Reflecting on the Home Visit - [Handout](#)
- Assessment Tools - [Handout](#)
- The Edinburgh Postnatal Depression Scale - [Resource Handout](#)

Chapter 6: Family Supports

- Formal & Informal Supports - [Handout](#)
- The Importance of Referrals and Follow-Up - [Handout](#)

Chapter 7: Critical Thinking

- The Prefrontal Cortex – [Handout](#)
- What is Critical Thinking? – [Handout](#)
- Critical Thinking with the RED Model – [Video](#) and [Transcript](#)
- The Gift of Curiosity – [Handout](#)
- Partnering with Families - [Handout](#)