

ABOUT THE SELF-ASSESSMENT

The Program Self-Assessment helps programs determine how well they are implementing strategies to strengthen families. The Self-Assessment is based on findings from a national study that identified exemplary programs across the country. It allows all programs to compare their practices with those of the exemplary programs and identify areas for improvement. The Self-Assessment outlines how the protective factors can be supported through small but significant changes in program practice. It is written for programs committed to working with and supporting the families they serve. Versions of the Self-Assessment are available for:

- Center-based early care and education programs
- Family child care settings
- Home visiting programs
- Community-based programs such as family resource centers

While there is significant overlap across these different versions, each also contains unique strategies specific to each setting.

The Program Self-Assessment materials in this document are applicable to home visiting programs of any size, budget or structure. The strategies described can be implemented without creating new staff positions, making significant changes to existing facilities or raising additional financial resources.

ORGANIZATION

The Self-Assessment outlines practices used by exemplary programs to support families, organized around five protective factors:

- Parental Resilience
- Social Connections
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Social and Emotional Competence of Children

Each section starts with a brief description of the protective factor and "Everyday Actions" for building that protective factor. Self-Assessment items are organized under each of these everyday actions. In this version of the Self-Assessment there is one additional section that addresses <u>responding to possible child abuse or neglect</u>.

COMPLETING THE SELF-ASSESSMENT

While the Self-Assessment forms may appear long at first glance, each form can actually be completed in approximately 90 minutes. To make the process easier, the forms address specific practices; thus, multiple practice examples often appear under a single strategy.

CSSP strongly recommends that programs create a Self-Assessment team that represents a number of different perspectives at your program, including:

- Administrative staff and/or program director
- Home visitors
- Parents whose children participate in the program

Including a diverse group of participants in the Self-Assessment evaluation process allows programs to benefit from a large variety of viewpoints and perspectives. Once a team has been identified, the process begins by following the steps outlined below.

First, each member of the team should fill out the Self-Assessment forms individually.

Next, the team should convene to share and compare assessments. Teams should use this time to discuss rating results that differ among various team members, giving each person an opportunity to describe why they rated the practice the way they did and—if appropriate—to provide an example. Once everyone has had a chance to speak, all team members should be given an opportunity to re-rate the practice. It is not necessary for the entire team to come to consensus on every practice, but it is important that all team members come to understand each other's perspectives and that a final decision is made on how to rate the item based on broad input.

The consensus version of the Self-Assessment can be entered online at www.mosaic-network.com/gemslive/cssp/. Completing the Self-Assessment online allows the program to print reports showing strengths and areas to focus on improvement, as well as to link to parent and staff surveys.



CREATING AN ACTION PLAN

Once all team members have re-rated the practices, the team should identify areas where the program scored highly. Next, the team should create a sustainability plan to keep these areas strong. In developing a sustainability plan for each successful area, teams should be sure to specify:

- · Key reasons for success in the area
- What needs to be done to ensure continued strength in the area
- Who will be responsible for maintaining successful outcomes in the area

Next, the team should highlight practice areas that a majority of the team rated poorly. While we encourage programs to work on each of these areas eventually, the team can begin by deciding whether each poorly rated practice should be addressed (1) immediately, (2) over time, or (3) not at all. Again, teams should allow time for discussion and

reevaluation if/when team members disagree on practice ratings. When a majority of team members identify items that should be addressed immediately, teams should brainstorm plans to improve associated area outcomes. Teams should be sure to specify:

- The expected results
- All required resources (including staff hour costs)
- A timeline for achieving the desired results
- Who is responsible for each action step
- Check-in points for monitoring implementation progress
- How and when longer term action steps will be addressed/implemented

The development of this tool was informed by the work of home visiting coalitions in Florida and Georgia, who each adapted a previous version of the Strengthening Families Self-Assessment tool to apply specifically to home visiting programs. CSSP would like to thank them for sharing their work and their leadership in this area.



PARENTAL RESILIENCE

Being a parent can be a very rewarding and joyful experience. But being a parent can also come with its share of stress. Parental resilience is the process of calling forth one's inner strength to proactively manage stress, meet personal/family challenges and be able to function well. Parental resilience includes the ability to provide nurturing and supportive care to one's child, even when faced with challenges, adversity or trauma. Programs can provide a variety of resources for families to help build and support parental resilience—all with low or no-cost to the program. For example, programs can:

- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
- Encourage parents to manage stress effectively
- Support parents as decision-makers and help build decision-making and leadership skills
- Help parents understand how to buffer their child during stressful times

When supported by program policies, staff can employ these concrete, everyday actions to help families reduce personal/parental stress and gain confidence in their ability to overcome challenges.

PARENTAL RESILIENCE: SELF How do programs demonstra		/45	Strongly age	Agree ?	i. Weither agi	e nordisales.	istore W	A Ague Comments
	d affirm the central role of parents in their teraction with families including policies, iication.							
1.2 The program has multiple avenues for regular communication with families.	1.2.1 The program provides an orientation for families about the program philosophy, goals and objectives.							
id.iiiies.	1.2.2 Home visitors use a variety of methods (e.g., new family orientations, individual conversations, written questionnaires), to provide information and gather input from families about activities throughout the year.							
	1.2.3 Home visitors regularly ask parents about their observations of their child.							



STRENGTHENING FAMILIES™ SELF-ASSESSMENT TOOL FOR **HOME VISITING** PROGRAMS

1.3.8 Taking time to understand the complex needs of individual family members, such as navigating child custody or the child support system, playing dual roles in a single-parent household or having children

with different partners.

PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

PARENTAL RESILIENCE: SELF How do programs demonstrat		\(\si^{\si}\)	Strongly agr	ke S	Meither agree	a nor disagree	strongly dis	Applicable Comments	
1.3 Home visitors develop mutually respectful relationships with all family members by:	1.3.1 Taking time to get to know family members individually, by name.								
	1.3.2 Offering activities to address the specific interests and needs of fathers, mothers and other family members.								
	1.3.3 Listening and learning about their interests, current activities, hopes and expectations for themselves and their children.								
	1.3.4 Regularly inquiring about what is happening in their lives.								
	1.3.5 Providing emotional support and encouragement.								
	1.3.6 Sharing appropriate information about themselves.								
	1.3.7 Recognizing and acknowledging their strengths, efforts and contributions.								



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

PARENTAL RESILIENCE: SELF How do programs demonstrat		5; Strate	A. Auges 3.	Reithet agree Indi	jestelek jestelek je		
1.4 Home visitors show that they value fathers and are	1.4.1 Using intake forms, applications and surveys that are gender-neutral.					Comments	
sensitive to their unique needs by:	1.4.2 Taking part in periodic training on understanding and appreciating fathers' needs and parenting.						
	1.4.3 Providing information specific to fathers/male family members.						
	1.4.4 Providing peer activities or services that are man-to-man, father-to-father.						
	1.4.5 Establishing ongoing partnerships with community resources that provide services to fathers.						
	1.4.6 Inviting fathers to attend programs and working to engage them in activities.						
	1.4.7 Being aware of barriers that limit father involvement, such as a difficult relationship with the child's mother, lack of information or a non-custodial relationship with child.						
	1.4.8 Encouraging fathers and male family members to engage in all aspects of the program, including taking on leadership roles.						



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

PARENTAL RESILIENCE: SELF- How do programs honor each culture, history and approach	family's race, language,	65	Strongly ag	Agge 3	Meither 22	disagree.	gjee h. Srangydi	sage e an inchita de la companya de	
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1.5 Home visitors ensure that all families, regardless of family structure; socioeconomic, racial, religious and cultural backgrounds; gender; sexual orientation; abilities; or preferred language are included in all aspects of the program:	1.5.1 Home visitors are trained to be knowledgeable about the parenting practices and approaches to family decision-making of different cultural and ethnic groups (including the role of fathers, grandparents and extended family members in parenting and the transmission of cultural beliefs). 1.5.2 Home visitors gather information about family interests, beliefs and expectations, including those relating to the child's culture and language development, and seek to partner with families in incorporating those features into program activities and structure. 1.5.3 Home visitors encourage parents to share their skills, talents and cultural traditions with their children.								
	1.5.4 Home visitors recognize that many cultures extend parenting responsibilities to other family members and respond accordingly.								
	1.5.5 The program displays diverse families and family structures in books and program materials.								
1.6 An effort is made to ensure that program information and outreach materials are linguistically	1.6.1 Translated, whenever possible, into the language(s) spoken by all families in the program.								
and culturally appropriate. Materials are:	1.6.2 Reviewed by a Parent Advisory Committee to ensure that they are culturally relevant and linguistically accessible to all families in the program.								
	1.6.3 Designed to reflect the culture(s) of the program participants.								



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

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1.7 As a part of staff orientation and ongoing staff development, home visitors regularly have opportunities to develop skills and knowledge to work effectively with diverse families. Staff development may include:	 1.7.1 Inviting partner organizations to provide workshops for staff on working with diverse families. 1.7.2 Coordinating site visits at organizations that serve different populations so that home visitors can learn how to best serve various populations. 						
	1.7.3 Facilitating discussions to help staff members understand and appreciate their culturally different communication styles.						
	1.7.4 Familiarizing staff with the meaning and significance of race and racism for families and community institutions.						
1.8 The program seeks to reflect the community and families it serves by:	1.8.1 Intentionally recruiting and employing staff members who reflect the diversity of the families in the program and who effectively work with the population of families in the program.						
	1.8.2 Intentionally recruiting and employing staff members who are skilled at working with the diversity of the families in the program.						
	1.8.3 Connecting with elders and other trusted messengers for the diverse cultural groups represented in the program community.						
	1.8.4 Seeking to hire staff members that provide families and children with connections to the diversity that exists in society—even if the program's community is largely mono-lingual, mono-ethnic or monocultural.						
1.9 The program supports participating immigrant and refugee families by:	1.9.1 Ensuring that home visitors are knowledgeable about immigrant and refugee families' unique challenges and can help to address those challenges in a respectful manner.						
	1.9.2 Maintaining up-to-date information on supports and services most relevant to						

immigrant and refugee families.



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

PARENTAL RESILIENCE: SELF- How do programs encourage	ASSESSMENT ITEMS parents to manage stress effectively?	45.	Strongly at	Les 3.	Meither 22's	Disagles 1.	strongly die	age e	
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 proactively and supportively. So Parents' acknowledgement Unusual parental behavior Repeated missed appointm Divorce, separation, militar other family crises Changes or fluctuations in challenging behavior, fearful 	y deployment, family dissolution, job loss or a child's emotional state, acting out, distress, al behavior, inappropriate language/behavior, signs of abuse or neglect (such as bruises)								
	ance to parents on how to appropriately prious illness, death, family dissolution, b loss, incarceration).								
1.12 Home visitors encourage parents to relieve stress through:	1.12.1 Participating in parents-only social activities (e.g., parents' night out). 1.12.2 Participating in support groups. 1.12.3 Exercising, eating well and taking other personal care steps. 1.12.4 Talking about issues that are troubling them.								
1.13 Staff receive training and support on how to respond appropriately to family crises that come to their attention. Training topics may include:	1.13.1 Understanding the impact of family crises and/or loss on all family members—especially children—and how to respond appropriately. 1.13.2 Supporting families' immediate and long-term plans.								
	1.13.3 Talking to families about difficult issues and helping them access additional help.								
	1 13 4 Maintaining confidentiality								

1.13.5 Recognizing domestic violence, depression, developmental delays, mental illness, chronic health problems, substance abuse and other signs of imminent crisis and how to respond appropriately.



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

How do programs encourage parents to manage stress effectively?

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	1.13.6 Trauma and its impact on children and how staff can help.				
	1.13.7 Other community agencies providing specialized services to families and children.				
1.14 Home visitors receive program support when working with families under stress through:	1.14.1 Acknowledgement and support for their efforts from supervisors and administrators.				
	1.14.2 Opportunities to process their own emotional reactions with appropriate support.				
	1.14.3 Access to a mental health consultant.				
	1.14.4 Time off if needed.				
	1.14.5 Case conferences with the program supervisor and/or cross discipline team.				
	1.14.6 Identification of their successes and family/client progress.				
	1.14.7 Support to recognize the limits/ boundaries of the home visitor's role and scope of practice.				
	1.14.8 Supportive supervision to reduce isolation.				
	s address relationship issues with their ding information or referrals to other services.				



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

How do programs support parents as decision-makers and help build decision-making and leadership skills?

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1.16 Home visitors reinforce parental authority by:	1.16.1 Respecting parents' directions and/ or decisions about their children.				
	1.16.2 Learning about parents' expectations and limits for their children.				
	1.16.3 Talking respectfully with parents about how to handle differences in expectations regarding children's behavior.				
	1.16.4 Understanding the parenting and child behavior norms of the parent's culture.				
	1.16.5 Being careful not to contradict a parent in front of his or her child or other children.				
	1.16.6 Encouraging active parental decision-making about their children's education.				
 1.17 The program provides opposenhance their: Self-esteem Self-control Decision-making skills Communication skills Problem solving skills Ability to access and utilize Ability to cope with stress 	ortunities for parents to develop and				
1.18 Parents are engaged as partners in developmental screenings or assessments of their child:	1.18.1 All staff are trained in the program's confidentiality policy regarding screening and results.				
their child:	1.18.2 Parents are informed about the confidentiality policy and told how it applies to their family.				
	1.18.3 Parents participate in screenings and/or are informed of the results of all screenings as soon as possible.				
	1.18.4 The program consults with parents immediately when child health, behavior or developmental problems are suspected or identified.				



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

How do programs support parents as decision-makers and help build decision-making and leadership skills?

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	1.18.5 Parents work with staff to develop response plans for their children based on screening results.				
	1.18.6 All plans for the child that result from assessments are fully discussed with parents. All plans are documented and parents are provided with copies of the documented plan.				
	1.18.7 The program assists parents in finding and connecting to specialists (e.g., a physician, physical therapist, child study team) for further evaluation when their children are identified in the screening process as having possible special needs.				
1.19 Parents and staff develop family plans together that:	1.19.1 Identify the family's assets, interests, skills, needs and goals for themselves and their children.				
	1.19.2 Identify services, opportunities and community resources that may help families achieve their goals, continue their learning and/or provide avenues for community involvement and leadership.				
1.20 The program supports a parent's personal education and career goals by:	1.20.1 Referring families to educational and career resources (GED, adult education, ESL, employment opportunities, workplace literacy, parenting skills, job training, job preparation skills).				
	1.20.2 Forming partnerships with nearby educational resources to support families' learning interests and educational goals.				
	1.20.3 Linking families with community resources for internships, volunteer/leadership activities and other experiences that expand their knowledge and skills and build on their career interests.				
	1.20.4 Providing parent mentoring opportunities from staff, alumni parents/families, elders and professionals in the community.				



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

How do programs support parents as decision-makers and help build decision-making and leadership skills? 5: Struck A. Agree 3: Heither agree not disagree her disa

					Comments
1.21 The program provides opportunities and support for families to serve as leaders	1.21.1 Providing opportunities for families to volunteer and contribute to the program.				
and decision-makers by:	1.21.2 Encouraging and supporting parents in becoming active members of the program's governing/advisory groups and in taking on leadership roles.				
	1.21.3 Asking families for regular input on programmatic decisions.				
	1.21.4 Asking families for input into staff hiring and training.				
	1.21.5 Providing families with roles in evaluating the program (e.g., parent questionnaires, group evaluation meetings).				
1.22 The program provides workshops and other opportunities for family members to	1.22.1 Addressing topics identified by families as important to them.				
develop new skills through:	1.22.2 Activities designed to address interests of different family members (e.g., fathers, mothers, other family members).				
	1.22.3 Providing child care during trainings or workshops.				
	1.22.4 Face-to-face or telephone outreach to families who might not otherwise participate.				
1.23 The program helps to support the continued development of parent leaders by supporting:	1.23.1 Personal growth—such as attending conferences or special events and sharing information of interest with other parents.				
icaders by supporting.	1.23.2 Leadership development trainings and mentoring activities.				
	1.23.3 Training opportunities for advocacy and civics (e.g., how local and state government works, how to foster change).				



PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

How do programs support parents as decision-makers and help build decision-making and leadership skills?

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1.24 The program helps to support parents' opportunities for leadership in community change by:	1.24.1 Hosting or linking parents to community events that help raise awareness of emerging community needs and assets.				
	1.24.2 Connecting parents to advocacy groups that work on issues related to child, family and community needs.				
	1.24.3 Ensuring that local, state and federal policy information is discussed at staff meetings and advisory council meetings and relevant information is shared with families.				
	1.24.4 Connecting parents to groups that inform and shape policy at the local, state or national level.				

PARENTAL RESILIENCE: SELF-ASSESSMENT ITEMS

How do programs help parents understand how to buffer their child during stressful times?

help them proactively address the needs of children and other family

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members during stressful times.

1.25 Parents and staff receive ongoing training and up-to-date information on dealing with stress and trauma, including:	1.25.1 Talking with parents about helping children in times of family crisis.			
	1.25.2 How stress impacts the child's brain, behavior and development.			
	1.25.3 Recognizing the signs of stress in children.			
	1.25.4 How stress may impact the child's behavior and how to shape adult responses to the child's behavior accordingly.			
	1.25.5 The important role that parents and caring adults play in buffering children during stressful times.			
1.26 Parents and staff have acc	ess to a mental health consultant who can			



SOCIAL CONNECTIONS

People need people. Parents need people who care about them and their children; who can be good listeners; who they can turn to for well-informed advice, hope and encouragement; and who they can call on for help in solving problems. Parents' supportive social connections—that is, high quality relationships with family members, friends, neighbors, co-workers, community members and service providers—help buffer parents from stressors. Good social connections also support nurturing parenting behaviors that promote secure attachments in young children. Programs can provide opportunities for parents to create and strengthen positive social connections. Even when working one-on-one with parents, programs should:

- Help families value, build, sustain and use social connections
- Create an inclusive environment
- Facilitate mutual support
- Promote engagement in the community and participation in community activities

SOCIAL CONNECTIONS: SELF- How do programs help famili use social connections?		55	Strongly as	gee 3:	Weither aggs	disagles 1.	Strongly dis?	Applicable .
								Comments
2.1 Home visitors build parent's awareness of social connections by:	2.1.1 Helping families assess their level of social connectedness and examine their support system.							
	2.1.2 Helping parents (mothers, fathers and/or others in primary parenting roles) understand the benefits of a supportive social network.							
	2.1.3 Working with parents to identify friends and family members who are able to lend support or help in times of need.							
2.2 The program provides opportunities for families to	2.2.1 Hosting periodic events for parents.							
opportunities for families to socialize and fosters a sense of community by:	2.2.2 Providing opportunities for families with similar interests, children's ages and/ or circumstances (such as those with twins, parents of infants, parents with special-needs children, parents who speak the same language) to connect with one another.							
	2.2.3 Coordinating social media groups or pages where parents can get program information and interact with one other.							
	2.2.4 Planning informal social events where staff and families can interact.							
	lies to resources to strengthen relationships rriage skills, communication skills, conflict							



SOCIAL CONNECTIONS: SELF-ASSESSMENT ITEMS

use social connections?

How do programs help families value, build, sustain and

STRENGTHENING FAMILIES™ SELF-ASSESSMENT TOOL FOR HOME VISITING PROGRAMS

2.4 Home visitors help parents identify and overcome barriers to participating in social activities by offering information on available resources (e.g., support with transportation, child care, translation services). **2.5** Home visitors receive 2.5.1 The importance of positive relationtraining and/or are ships within a supportive social network and knowledgeable about: the impact of social relationships on the growth and development of children. 2.5.2 How to guide parents to identify and build positive, supportive relationships with other adults. **2.5.3** Opportunities in the community in which parents can participate. **2.5.4** Addressing social exclusion due to differences in race, language, culture, appearance, gender, sexual orientation, ability, etc. 3. Neither agree and disagles 1. Strongly Histogree 5. Strongly agree Not Applicable **SOCIAL CONNECTIONS: SELF-ASSESSMENT ITEMS** How do programs create an inclusive environment? **Comments** 2.6 Home visitors are 2.6.1 Model inclusive behavior. prepared and equipped to: 2.6.2 Guide family members in resolving conflicts within the family or with others. 2.6.3 Respond in a constructive, pro-social manner to prejudicial or discriminatory statements and/or incidents that occur during home visits. 2.6.4 Be proactive in challenging beliefs and practices that stereotype, discriminate against or exclude others.

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2.7 Families are encouraged to reach out and engage other families, including newcomers and more isolated program members, in the program community.



3. Weither ale tee not dischere 1. Strongly litzagee 5: Strongly agree Not Applicable SOCIAL CONNECTIONS: SELF-ASSESSMENT ITEMS A. Agiee How do programs facilitate mutual support? **Comments** 2.8 The program encourages parents to set up mutual support mechanisms, such as phone trees, car pools, babysitting co-ops, play groups and social media groups or pages where they can communicate with one another. **2.9** Parents are encouraged to share parenting information with each other. 2.10 Parent-organized **2.10.1** Providing information on outside social/educational events and activities for parents to attend together (for activities are encouraged and example, gathering at playgrounds, fun fairs supported by: or libraries). 2.10.2 Providing supports such as gathering spaces, childcare and food so that parents can organize and participate in activities together. 3. Neither agree for this agree 1. Strongly lie agree 5: Strongly agree Not Applicable SOCIAL CONNECTIONS: SELF-ASSESSMENT ITEMS A. Aglee How do programs promote engagement in the community and participation in community activities? **Comments** 2.11 Staff seek opportunities 2.11.1 Inviting neighbors to open houses. to build good relations within the immediate neighborhood 2.11.2 Engaging with issues of concern or local community by: to the community and getting involved with other community organizations. 2.11.3 Providing and receiving support from the local community (e.g., financial support, donated services, tangible gifts, discounted services, letters of support). 2.12 Home visitors are aware of and connect parents to local opportunities that promote family enrichment (e.g., reading hours at the library, parent-child book groups, cultural heritage events). **2.13** The program encourages parents to be active in neighborhood and civic groups such as faith-based organizations, parenting support groups, schoolbased groups, etc.



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Mounting scientific evidence points to the critical importance of early childhood as the period in which children's foundations for cognitive, language, social, emotional and moral development are established. While no parent knows everything about children, all parents can benefit from increasing their knowledge of parenting best practices. Gaining a deeper understanding of child development—including early brain development—helps parents know what to expect from their child. Knowledge of parenting and child development can also help parents understand what children need during each developmental phase. Programs can help parents increase their knowledge of parenting and child development. Programs should:

- Model developmentally appropriate interactions with children
- Provide information and resources on parenting and child development
- Encourage parents to observe, ask questions, explore parenting issues and try out new strategies
- Address parenting issues from a strength-based perspective

Home visitors can help parents gain a high level of expertise about child development and parenting. It is crucial that staff provide information in multiple ways and at times that parents really need it and will put it into practice.

3: Meiller agtee Ind lizagtee 1. Strongly liesdies KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: 5: Strongly agree Not Applicable **SELF-ASSESSMENT ITEMS** A: Agree How do programs model developmentally appropriate interactions with children? **Comments** 3.1 Staff demonstrate a **3.1.1** Home visitors model developmentally strong understanding of child appropriate responses to children's behavior, development: interests, temperaments and need for exploration and learning. **3.1.2** Home visitors understand and can explain the development arc for young children. **3.1.3** Home visitors can explain to parents how parental activities and interactions support their child's development. **3.1.4** Home visitors participate in regular trainings to stay up-to-date on advances in the understanding of child development. 3.2.1 Staff develop ongoing partnerships **3.2** Home visitors work collaboratively with parents with parents to ensure a common underto coordinate support for standing of the child's development. Staff children's development: and parents coordinate actions to provide children with appropriate experiences for their developmental stage. **3.2.2** Staff and parents work together to regularly monitor the children's development with appropriate assessment tools.



3.3.7 Make arrangements to have appropriate language and cultural interpreters available to support difficult

conversations with families.

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: SELF-ASSESSMENT ITEMS

How do programs model developmentally appropriate interactions with children?

3.3 When staff talk with parents about discipline, they:

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3.3.1 Explain why the program does not support the use of physical discipline.								
3.3.2 Explain why the program teaches the forms of discipline that it does.								
3.3.3 Provide information on ageappropriate positive discipline techniques and reasonable expectations.								
3.3.4 Offer ideas for alternate ways to manage children's behavior and to recognize and reinforce desired/appropriate behavior.								
3.3.5 Discuss with parents any behavioral challenges their children experience.								
3.3.6 Recognize different parental and cultural approaches to discipline.								



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: **SELF-ASSESSMENT ITEMS**

groups in the community

KNOWLEDGE OF PARENTING A SELF-ASSESSMENT ITEMS How do programs provide inf on parenting and child devel	ormation and resources	45.	Strangly ag	Ages 3.	Meither agre	disagles 4.	Stangly dis	
								Comments
3.4 Home visitors share current, research-based information with parents	3.4.1 Their child's growth and development (including brain development).							
about:	3.4.2 Age-appropriate developmental expectations.							
	3.4.3 How children develop self-esteem, language skills, social skills, communication skills and motor skills.							
	3.4.4 Age-appropriate activities to engage in with their children.							
	3.4.5 Immunizations, safe sleep and other health and safety issues.							
	3.4.6 The negative impacts of exposing children to violence.							
3.5 Parenting information and materials used by the program are culturally and	3.5.1 Are available in the languages spoken by program families.							
linguistically appropriate, and:	3.5.2 Reflect a diversity of racial and ethnic backgrounds and family structures.							
	3.5.3 Encourage parents to reflect on their own parenting history and culture, rather than encouraging stereotypes.							
avenues to meet diverse learning One-on-one conversation at Printed materials and hand Books and videos that are at Referrals to parenting class Opportunities for parents winformation Postings of information and media pages accessed by posterior of the parents of the page of	and structured activities outs available for parents to borrow es with similar concerns to come together and share links on a program website and/or social participants							



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: **SELF-ASSESSMENT ITEMS**

responsible caregivers and high-quality early care and learning arrangements

for their children.

KNOWLEDGE OF PARENTING A SELF-ASSESSMENT ITEMS	AND CHILD DEVELOPMENT:		35	jee	Weither age	e nor disagi	Strongly dis	age to the
How do programs provide inf on parenting and child devel		5	Strongly ag	Agree 3	Weither at	disagles 1:	Strongly	L. Andricate
								Comments
circumstances. For example: Different parenting styles of Needs and concerns of first	parenting a child with a disability							
parents when: Child behavior or developm in eating or sleeping pattern A parent appears to be frus	ent issues arise (e.g., potty training, changes as, separation issues, aggressive behavior trated or stressed and in need of support ing difficulty relating to or communicating							
new parents, covering topics suc Prenatal and infant health a The birth process and what The needs of postnatal won The developing role of first if appropriate)	and development to expect							
3.10 Home visitors help parents (e.g., moms, dads	3.10.1 Examine their values and behaviors.							
and/or others in the primary parenting role) to:	3.10.2 See how their own childhood experiences affect their present family interactions.							
	3.10.3 Set goals for their family.							
	3.10.4 Recognize their strengths and abilities as parents.							
	3.10.5 Feel confident about their parenting skills.							
	rmation to parents about selecting							



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: **SELF-ASSESSMENT ITEMS** How do programs provide information and resources

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					Comments
3.12 The program provides information and guidance about:	3.12.1 Children's transition to school (e.g., what to expect from teachers, the kindergarten experience).				
	3.12.2 Parents' and children's educational rights and responsibilities.				
	3.12.3 The importance of parents staying involved in their child's education and taking leadership roles in their child's school.				

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: **SELF-ASSESSMENT ITEMS**

KNOWLEDGE OF PARENTING A SELF-ASSESSMENT ITEMS How do programs encourage explore parenting issues and	parents to observe, ask questions,	/.	Stringly Street	& 3. Weither 25	de lindiesdre	Her Appli	a de la companya de l
explore parenting issues and	try out new strategies:	<i>⟨</i> 5.	A: Ki	3,5	ry 1.3	Hot	Comments
3.13 Parents and staff work together to design and	3.13.1 Cultural/ethnic expectations and practices related to parenting.			Т			Comments
organize opportunities for parent-led discussions (such as a Community Café or	3.13.2 Different parenting practices.						
Parent Café series) to explore:	3.13.3 Parent/child relationships.						
	3.13.4 How to interact effectively with their children (e.g., listening; appreciating ideas, efforts and feelings; creating a non-threatening environment).						
3.14 Staff recognize and support parenting challenges	3.14.1 Regularly checking in with parents about parenting issues.						
experienced by families with children who have special needs by:	3.14.2 Being sensitive to parents' frustration, protectiveness, guilt, loss and other related feelings, and acknowledging the challenges families may be experiencing.						
	3.14.3 Supporting parents in understanding appropriate developmental expectations for their children with special needs.						
	3.14.4 Checking in with parents about the impact their children's special needs may have on family dynamics and parental stress.						



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: **SELF-ASSESSMENT ITEMS**

KNOWLEDGE OF PARENTING A SELF-ASSESSMENT ITEMS How do programs encourage explore parenting issues and	parents to observe, ask questions,	45	Strongly ag	Agge 3:	Meither agre	e nordisagi	Strangly dis	/
	 3.14.5 Being especially supportive at the time that special needs are initially identified. 3.14.6 Connecting parents with materials and websites, support groups, play groups and community resources specific to their 							Comments
	3.14.7 Ensuring that program parent-child activities are appropriate for families with children with special needs.							

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: **SELF-ASSESSMENT ITEMS**

KNOWLEDGE OF PARENTING SELF-ASSESSMENT ITEMS How do programs address pa strength-based perspective?	45-	Strongly age	es Alles 3	Weither agre	gisagiee	strongly dis	ages and a second	
								Comments
3.15 Home visitors share their observations of children with parents to help the parents recognize:	3.15.1 Their children's unique assets, temperament, personality, communication styles and behavioral cues.							
parents recognize:	3.15.2 Their children's growth and development patterns.							
	3.15.3 Their children's positive social skills and developmentally appropriate emotional behavior.							
	3.15.4 Their children's independence and abilities.							
	3.15.5 Activities families can use to enhance their children's skills and development.							
	3.15.6 Signals that development may not be on track.							
3.16 Home visitors consult with problems are suspected or ident	parents when child health or developmental ified.							



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: **SELF-ASSESSMENT ITEMS**

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KNOWLEDGE OF PARENTING A SELF-ASSESSMENT ITEMS How do programs address pa strength-based perspective?	65.	diengly age	Prince 3.	Weither Street	k nor disagre	se strongly die	the state of the s		
								Comments	
3.17 Staff reinforce positive parent-child interactions by:	3.17.1 Noticing and acknowledging when parents are attuned to their children's needs or are communicating effectively with their children.								
	3.17.2 Sharing something positive with parents about their child's behavior and development.								
	3.17.3 Modeling positive discipline.								
3.18 Staff proactively and respectfully address concerns about parenting techniques or behavior by:	3.18.1 Acknowledging young children's frustrating behavior and recognizing parents' efforts to deal with it effectively.								
senavior by.	3.18.2 Asking open-ended questions to understand the behavior from the parent's perspective.								
	3.18.3 Sharing concerns about a child's behavior and/or about the parents' parenting practices and respectfully offering alternatives.								
	3.18.4 Connecting parents to resources and supports that may help to address parenting issues.								



CONCRETE SUPPORT IN TIMES OF NEED

All parents need help sometimes. When parents are faced with very challenging situations, such as losing a job or not being able to feed their family, they need access to resources and services that address their needs and minimize their stress. This type of support helps to ensure that families receive the basic necessities that everyone deserves in order to grow. Providing concrete support also ensures that families have access to any specialized medical, mental health, social, educational or legal services they may need. Programs can help parents to identify, find and receive concrete support in times of need. Programs should:

- Respond immediately when families are in crisis
- Provide information and connections to services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports

Even though programs are not always equipped to provide all the services and supports families may need, they can still play a vital role in helping families access concrete supports in times of crisis. Programs can also play a critical role in helping families develop their own proactive strategies for meeting needs in the future.

3. Neither agree and discaples 1. Strongly list gets Not Applicable **CONCRETE SUPPORTS: SELF-ASSESSMENT ITEMS** How do programs respond immediately when families are in crisis? **Comments 4.1** Parents are encouraged 4.1.1 The fact that staff listen, show to turn to staff in the event of a concern and share their personal crisis through: challenges, as appropriate in informal conversation and regular interaction. 4.1.2 Materials regularly provided to participating families. 4.2 If parents bring up 4.2.1 A supervisor. issues that home visitors feel unequipped to handle, home 4.2.2 A specialist with knowledge in the visitors can refer parents to: area 4.2.3 A cross-disciplinary staff team. 4.2.4 Community resources. 4.3 Staff proactively respond 4.3.1 Expressing concern and offering to signs of parent or family help. distress by: 4.3.2 Offering to connect families to resources, including help lines, community resources or public agencies. 4.3.3 Making themselves and/or other designated home visitors available to parents if parents need to talk.



CONCRETE SUPPORTS: SELF-ASSESSMENT ITEMS

How do programs respond immediately when families are in crisis?

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	4.3.4 Being sensitive and responsive to the impact of family stress on children.				
	4.3.5 Keeping family issues confidential unless given explicit permission to share information (except when potential abuse or neglect is at issue and a report is mandated).				
	4.3.6 Helping families to identify short-term supports and prepare long-term strategies so they are better able to sustain themselves and endure hardships.				
4.4 When a family is experiencing extreme difficulties but there is no sign of imminent harm to the child or other family members:	4.4.1 Home visitors work with the family to discuss concerns and appropriate action steps.				
	4.4.2 Staff attempt to connect the family to resources that can help address the issue, including such intensive services as respite care, shelters or emergency crisis services.				
	4.4.3 Staff continue to support the family and monitor the situation until the situation is resolved.				



CONCRETE SUPPORTS: SELF-ASSESSMENT ITEMS

CONCRETE SUPPORTS: SELF-	ASSESSMENT ITEMS				Weither 25	e nor disagi	8	, Lieb
How do programs provide info services in the community?		ر د.	Strongly age	Agree 3:	Weither agic	disaglee	Strongly die	aget La Applicable
	se services							Comments
4.6 The program actively builds collaborative links with other service providers by:	 4.6.1 Easing the referral process by ensuring the workers in different programs know each other and work together. 4.6.2 Coordinating follow-up efforts across service providers. 4.6.3 Sharing information about resources with parents. 4.6.4 Identifying and advocating to fill resource gaps in the services available to families. 							
	es information and guidance related to financial ey management and financial support.							
4.8 Home visitors help parents f themselves and their children.	ind a medical home (primary care provider) for							
4.9 Staff help parents to identify and mobilize resources to address needs by:	 4.9.1 Encouraging families to take the lead when creating a plan to address family needs. 4.9.2 Ensuring that family plans recognize parents as active participants in the change process, rather than passive recipients of services. 							
	4.9.3 Communicating to families that seeking help is not an indicator of weakness or failure as a parent, but rather is a step toward building resilience.							



CONCRETE SUPPORTS: SELF-ASSESSMENT ITEMS

How do programs help families to develop skills they need to identify their needs and connect to supports?

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dentity their needs and com	oot to capporto.	6	•	· / 3	· / v	 · Hu	Comments
	4.9.4 Encouraging parents to advocate for themselves and their child.						Comments
	4.9.5 Providing information and guidance to families so that they understand their rights in accessing services, gain knowledge of relevant services and learn how to navigate through service systems.						
	4.9.6 Encouraging any interested parents to advocate for local and state policy changes to promote better and more accessible services for families in their community.						
4.10 When staff make referrals to outside services, they	4.10.1 Brainstorming with families about what resources would be helpful.						
support family leadership by:	4.10.2 Respecting families that are not comfortable with a specific provider by helping them to either address and resolve the issue or identify other resources.						
	4.10.3 Helping parents learn how to address barriers to utilizing services (e.g., lack of transportation or child care, fees, language barriers, lack of translation services, lack of cultural sensitivity and inclusiveness).						
	4.10.4 Coaching parents as they fill out initial paperwork required to access these services (e.g. insurance and eligibility forms).						
	4.10.5 Following up with families on referrals to ensure that they were satisfied with the services they received, and providing help in advocating for themselves if they were not satisfied.						
	4.10.6 Making a personal connection between families and service providers (if families have agreed to share information through written consent).						



SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

Early childhood experiences set the stage for later health, well-being and learning. A growing body of research has shown the relationship between young children's social and emotional competence and their cognitive development, language skills, mental health and school success. The development of social and emotional competence—that is, characteristics such as self-regulation, self-confidence and social skills—depends on the quality of nurturing care, communication and stimulation that a child experiences. Home visiting programs can help to promote the social and emotional competence of children. Programs should:

- Help parents foster their child's social emotional development
- Model nurturing care to children
- Include children's social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development needs extra support

SOCIAL AND EMOTIONAL COM SELF-ASSESSMENT ITEMS How do programs help parent emotional development?		5; Sti	ki kifes	Meither agree Indicates	Stungy disagree Comments
5.1 The program introduces all family members to the concept of promoting social and emotional development by:	5.1.1 Providing parents with information on the importance of supporting children's healthy social and emotional development—and its connection to success in school and life.				Comments
	5.1.2 Helping parents understand ageappropriate social and emotional skills and behaviors.				
	5.1.3 Providing opportunities to discuss social and emotional issues within a racial and cultural context.				
	5.1.4 Offering parents ideas on how to foster a child's social and emotional learning.				
	5.1.5 Asking about parents' observations of their child's social and emotional development.				



SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN: SELF-ASSESSMENT ITEMS

How do programs help parents foster their child's social emotional development?

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					Comments
5.2 Home visitors provide parents with:	5.2.1 Age-appropriate activities and coaching to strengthen parents' bonds with their children.				
	5.2.2 Information about positive social skills and developmentally appropriate emotional behavior in children of multiple ages and stages of development.				
	5.2.3 Information about the impact of conflict resolution on the social and emotional development of children.				
	5.2.4 Strategies for using positive reinforcement with their children every day.				
development related to, for exam	ural differences in social and emotional ple, sense of identity as an individual or part of munication, product/materialism and process/				

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN: SELF-ASSESSMENT ITEMS

How do programs model nurturing care to children?

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5.4 Staff nurture children and model nurturing for parents by:	5.4.1 Responding consistently to children in a warm, supportive manner.				
	5.4.2 Showing warmth through appropriate physical contact.				
	5.4.3 Demonstrating mutual respect between children and adults (e.g., listening attentively, making eye contact, treating children fairly).				
	5.4.4 Responding sympathetically to help children who are upset, hurt or angry.				
	5.4.5 Encouraging children to express their feelings through words, artwork and expressive play.				
	5.4.6 Modeling empathy and appropriate emotional responsiveness.				



SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN: SELF-ASSESSMENT ITEMS

SOCIAL AND EMOTIONAL CON SELF-ASSESSMENT ITEMS How do programs model nurt		65	Stringly agree	tee 3. Heitte	Age In lisage 2. 7: Jisage 1.:54	Her Heritzahe	
						C	omments
5.5 Staff receive training, consultation and ongoing coaching to support their skills in supporting children's social emotional development, including:	5.5.1 Fostering children's social and emotional development in the context of their culture and language.						
	5.5.2 Recognizing behavioral/emotional problems or developmental delays.						
	5.5.3 Understanding the impact of loss or trauma on children and how to respond appropriately.						
	5.5.4 Recognizing the role of sensory awareness and integration in social emotional development and understanding how to promote it.						
	5.5.5 Understanding gender differences in child rearing and its impact on social and emotional development.						
	5.5.6 Promoting positive relationships between children living in the same household.						
	5.5.7 Understanding how mental health and wellness affect family relationships and the developmental processes of young children.						
	5.5.8 Recognizing and responding to the impact of child or parental trauma on parent-child relationships.						
parent role) understand the link l	mothers, fathers and/or others in a primary between how they felt about their baby before orm attachments with their baby after his/her						



STRENGTHENING FAMILIES™ SELF-ASSESSMENT TOOL FOR **HOME VISITING** PROGRAMS

with children and parents around social and emotional issues, including challenging

behaviors.

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN: SELF-ASSESSMENT ITEMS

SOCIAL AND EMOTIONAL CON SELF-ASSESSMENT ITEMS How do programs include chi development activities in pro	ildren's social and emotional	\s.	Stringly agre	se s	Reither agre	e nor disagle	Strongly die		
5.7 The program supports children's social and emotional	5.7.1 Encouraging children to express their feelings.							Commo	ents
5.7 The program supports	5.7.2 Encouraging and reinforcing social skills such as sharing, taking turns and cooperative play.								
	5.7.3 Actively involving children in solving conflicts and problems (e.g., helping children to talk out problems and think of solutions; sensitizing children to feelings of others).								
	5.7.4 Setting clear expectations and limits for behavior.								
	5.7.5 Helping children separate emotions from actions (e.g., not reacting by hitting even when angry).								
	5.7.6 Making themselves and/or other designated home visitors available to parents if parents need to talk.								
5.8 Mental health consultants assist staff in integrating social emotional development into everyday work by:	5.8.1 Providing coaching on how to develop a healthy program environment for social and emotional learning.								
everyddy work by:	5.8.2 Providing support for staff working								



SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN: SELF-ASSESSMENT ITEMS

SOCIAL AND EMOTIONAL COM SELF-ASSESSMENT ITEMS How do programs help childr identity and learn to interact	en develop a positive cultural	/43	Strongly ag	Per S.	Weither age	tisagree	Strongly dis	a the state of the
		T		ı				Comments
5.9 The program welcomes and affirms the cultures of families it serves by:	5.9.1 Implementing activities that include meaningful and relevant activities, stories and discussions regarding cultural and linguistic differences.							
	5.9.2 Inviting families to define and express their ethnicity or culture.							
	5.9.3 Including appropriate resources such as books and toys that expose children to role models from their own and other cultural backgrounds.							
5.10 Staff receive training on cultural differences and social and emotional development, especially differences in:	5.10.1 How the sense of identity is fostered as an individual and/or as part of a family or clan in different cultures.							
	5.10.2 The extent to which nonverbal communication is predominant across cultures.							
	5.10.3 Diverse cultural views of indicators of success and appropriate child development.							
5.11 Staff are encouraged to enhance their own appreciation for different	5.11.1 Being encouraged to share and reflect on their own cultural background.							
races, ethnicities, sexual orientations, languages and cultural expressions by:	5.11.2 Being provided with professional development opportunities that allow them to learn more about the history and experiences of different racial and cultural groups.							
	5.11.3 Being trained in how to sensitively ask questions about each family's specific experiences and cultural perspectives.							
5.12 Program policies and prac guages/dialects of children, famil	tices support the preservation of home lanies and staff.							
5.13 The program's mental hear respectful of differences in parentraditions and cultural roots.	th consultant offers consultation that is ting and child behaviors that stem from							



RESPONDING TO POSSIBLE CHILD ABUSE OR NEGLECT

One responsibility of home visiting programs is to respond to observations of possible child abuse and neglect. Home visitors are mandatory reporters of child abuse and neglect in most states and should receive training every year on state reporting requirements. However, long before a report needs to be made, staff can also respond positively and supportively to counteract early indicators of potential risk for future maltreatment. The following items capture best practices for programs that effectively work with child welfare officials.

HOW DO PROGRAMS RESPON OR NEGLECT?	D TO POSSIBLE CHILD ABUSE	/4.	; Stringly agi	Be S.	Meither agre	e nordisagee	Hat hat h	ge gardicalite	
6.1 When children enter the	6.1.1 The program's policies and assetions							Comments	
6.1 When children enter the program, staff discuss child abuse and neglect prevention with parents and caretakers.	6.1.1 The program's policies and practices that are designed to keep children safe from harm.								
This discussion includes explanations of:	6.1.2 Staff members' responsibility as mandatory child abuse reporters.								
	6.1.3 How the state defines child abuse and neglect.								
	6.1.4 The program's protocols regarding child abuse and neglect reports.								
6.2 All staff members are trained abuse reporting laws.	d according to their state's mandatory child								
6.3 Staff receive additional training on child abuse and neglect including:	6.3.1 Recognizing and responding to early signs of possible child abuse and neglect, including physical and behavioral indicators.								
	6.3.2 Following the program's protocols for reporting child abuse and neglect.								
	6.3.3 Understanding how cases are generally handled once a report is made.								
	6.3.4 Recognizing cultural practices that can trigger reporting of child abuse and neglect (e.g., the practice of coining to treat fevers, the use of corporal punishment for toilet training, leaving a young sibling in the care of an older sibling under the age of ten) and respectfully discussing ways that parents can prevent the likelihood of mandatory reporting.								



HOW DO PROGRAMS RESPOND TO POSSIBLE CHILD ABUSE OR NEGLECT?

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6.4 The program's protocols for reporting possible child abuse and neglect:	6.4.1 Are consistent with state child welfare reporting guidelines.				
	6.4.2 Are reviewed annually or anytime changes are made to state guidelines.				
6.5 Staff members are trained that when a child abuse or neglect report needs to be filed, they have specific responsibilities to both the child welfare agency and to families that include:	6.5.1 Coordinating with investigative authorities to ensure that staff actions and interactions with the family do not hinder the investigation.				
	6.5.2 Providing objective and accurate information on the concerns that led to the report, as well as information on family strengths.				
	6.5.3 Explaining their status as mandated reporters to families and their commitment to the goal of keeping children safe.				
	6.5.4 Striving to be calm, caring and supportive of the family during the reporting process.				
	6.5.5 Answering questions that the family may have regarding the reporting process and how the Child Protective Services system typically responds.				
	6.5.6 Offering support for families by answering questions, connecting them to resources they may need, listening attentively and providing friendly advice.				
6.6 If a child is placed into child welfare custody, staff are trained to continue to support the child and the family by:	6.6.1 Maintaining contact with the child and family, if possible.				
	6.6.2 Advocating for the family within the Child Protective Services system, when possible.				
	6.6.3 Helping parents connect with resources to help reunite them with their child.				



3. Weither after not disagree 1. Strongly literates 5: Stringly agree Not Applicable A: Aglee HOW DO PROGRAMS RESPOND TO POSSIBLE CHILD ABUSE **OR NEGLECT?** Comments **6.7** Home visitors seek to **6.7.1** Helping to maintain stability for children collaborate with child welfare involved in the system. caseworkers and Child Protective Services staff to promote **6.7.2** Engaging in co-case management children's ongoing healthy practices, if possible. development by: **6.7.3** Conducting joint home visits. **6.7.4** Attending Child Protective Services meetings to share information.