

8 WAYS HOME VISITORS CAN FACILITATE family empowerment



Here are some keys to creating a respectful relationship with families that will lead to facilitation of family empowerment.

- ➔ **Practice empathy.** Try to learn all you can about the family. Listen carefully and nonjudgmentally to see the world and the situation as the other person sees it.
- ➔ **Ask open-ended questions** that invite families to share and be heard. Well-phrased questions asked with genuine interest acknowledge that parents are the experts on their own children.
- ➔ **Listen attentively and with reflection.** Active and reflective listening is critical to the development of relationships that are respectful and trusting.
- ➔ **Avoid jargon.** Be careful not to use terms and acronyms that might be unfamiliar and misunderstood by family members.
- ➔ **Focus on strengths, achievements, and desires.** By avoiding an emphasis on problems or deficits and zeroing in on solution-focused questions, you can support families' confidence and adaptive potential.
- ➔ **Respect family preferences.** By listening and truly hearing what families need and want, you can provide information and services built on families' concerns and priorities.
- ➔ **Identify strategies that will help families achieve desired outcomes.** Ensure that interventions can be successfully embedded in current family routines.
- ➔ **Prepare families for change.** Changes are inevitable as a child gets older. Provide the support families need to navigate these changes with the least amount of stress.