



Parents as Teachers®

FOUNDATIONAL *Home Visit 9*

Family Culture and Perspectives

Preparation for visit

- > Read Home Visitor resources:
 - [Looking at Development](#)
 - [Sleep Needs of Infants and Toddlers](#)
 - [Stress and Resilience](#)
 - [Three Steps to Cultural Competence](#)
 - [Human Diversity, Cultural Competence, and Parent Education \(family system and culture section\)](#)
- > Choose from parent handouts:
 - [Your Unborn Baby's/Baby's/Child's Development](#)
 - [Things I've Heard and Learned](#)
 - [How Much Sleep Does Your Baby Need? or How Much Sleep Does Your Toddler Need?](#)
 - [Coping With Stress](#)
- > Choose activity page
- > Gather additional materials, if needed

Child's first and last name: _____ Date of visit: _____

Monthly Home visit number: 1 2 3 4 5 Total monthly home visits possible: _____

Home visit canceled by: ☐ Staff ☐ Family Reason: _____

Present: ☐ Mother ☐ Father ☐ Grandmother ☐ Grandfather ☐ Other: _____

Home Visitor: _____

Follow up on: ☐ CHDP ☐ Immunizations ☐ Referrals ☐ ASQ3/ASQ-SE ☐ Other: _____

Review

Ask clarifying questions, describe the visit and ask if there is anything else the family would like to include

Consult

Check in

Review previous visit plan and personal visit record.
Complete follow-up from last visit

Visit Overview

Opening

- > **Connect, reflect, agree**

Parent-Child Interaction

- > **Parent-child activity:** Involve the family in the chosen activity page and share the rationale.
- > **Child development:** Connect key points from your chosen resource to the child.
- > **Child development:** Complete DRDP 1st Rating

Development-Centered Parenting

- > **Sleep:** Connect key points from the sleep resources to the family's routines.
- > **Family culture:** Partner with the parents to discover how their culture impacts their parenting decisions. (Look back at completed Family Portrait)

Family Well-Being

- > **Mental health and wellness:** Connect key points from the stress resources to the parents' stress levels and the impact on their child's development.
- > **Family culture:** Provide an opportunity to explore the family culture.

Closing

- > **Review, revisit, evaluate, share, affirm, and look ahead**



Opening

Connect, Reflect, Agree

Connect around the parents' current state of being and sleep habits.

> "What do you notice about your and your child's sleep habits?"

Agree on what will happen during the visit.

Parent-Child Interaction

Intent: What will we focus on at this visit?

> Provide an opportunity for parents to be their child(ren)'s play partner.

Parent-child activity

Engage the family in the chosen activity and connect the child's actions to the child development information.

Parent-child activity page: _____

Gather the materials with the parent. "How do you think your child will respond?"

- > Describe the activity and explain the rationale.
- > Let the child(ren) play and the parents observe a bit. "Let's see what she does with this ..."
- > Complete the reflection section with the parent. Prompt as needed.
- > Share the continued learning activity. "How might you incorporate this into your family's routine?"

Child development domain:

☐ Approaches to learning ☐ Social and Emotional Development ☐ Language and Literacy

☐ Cognitive ☐ Perceptual, Motor and Physical Development

Parenting behavior:

☐ Nurturing ☐ Designing/guiding ☐ Responding ☐ Communicating ☐ Supporting learning

Remember to choose a parent educator resource and parent handout on child development to review and share with families.



Child Development

Connect key points from the child development resources to the child's actions and the parents' behaviors.

☐ **Complete DRDP 1st rating.**

Prompts or questions to understand the family's perspective and practice of the topic:

>

Home visitor resource(s): _____

Key points from Home Visitor resource:

>

Parent handout(s): _____

Development-Centered Parenting

Intent: What will we focus on at this visit?

- > Improve parents' understanding of healthy sleep requirements and behaviors.
- > Explore the effects of culture on the parents' decisions.

Sleep

Facilitate a discussion that connects key points from the sleep resources to the child's health and development.

Developmental topic (check targeted category):

☐ Attachment ☐ Discipline ☐ Health ☐ Nutrition ☐ Safety ☒ Sleep ☐ Transitions/Routines

Prompts or questions to understand the family's perspective and practice of the topic:

- > "Tell me about your family's sleep routines."
- > "What, if anything, would you like to change about your family's sleep routines?"

Home Visitor resource(s): [Sleep Needs of Infants and Toddlers](#) or *Sleep Needs and Routines*

Key points from home visitor resource:

- > Getting enough sleep is crucial for healthy brain development in babies and children.
- > Although babies sleep more than toddlers or older children, the importance of getting enough sleep does not diminish as children get older.



- > Following two sleep strategies – developing consistent bedtime routines and creating a room conducive to sleep – can help parents can say good morning to a happy, alert, and rested child.

Parent handout(s): [How Much Sleep Does Your Baby Need?](#) or [How Much Sleep Does Your Toddler Need?](#) or [Sleep: Why, How, and How Much?](#)

- > Use the parent handouts to discuss how sleep requirements change as a child grows.
- > Offer the recommended number of hours based on the child's age.
- > Discuss the relationship between healthy sleep behaviors and stress.

Family culture (Look back at completed Family Portrait)

Partner with the family to explore how their unique culture impacts their parenting decisions.

- > Learn about the parents' perspectives by facilitating their use of [Things I've Heard and Learned](#) (bring one copy for each adult expected to attend). Encourage each adult to fill in a row.
- > Facilitate a conversation about the messages each adult has received. Explore how these messages have impacted parenting decisions.
- > To build the partnership, briefly share one of your perspectives.

Family Well-Being

Intent: What will we focus on at this visit?

- > Discuss stress and its impact on mental health and wellness.
- > Explore the family's culture and its impact on parenting decisions.

Mental health and wellness

Facilitate a discussion that connects key points about mental health and wellness to the child's health and development.

Categories:

- ☐ Basic essentials ☐ Education and employment ☐ Physical health of the family
- ☒ Mental health and wellness ☐ Early care and education ☐ Relationships with family and friends
- ☐ Recreation and enrichment ☐ Other: _____

Prompts or questions to understand the family's perspective and practice of the topic:

- > "What do you think provides you the most amount of support with the least amount of stress?"
- > "Are there any current stressors that are having an effect on you or your children?"
- > "What do you do to take care of yourself, and reduce your stress level?"

Encourage the strengthening of the family's protective factors through observation, conversation, and questioning. If needed, provide additional information, resources, or referrals.



Home Visitor resource(s) or other materials: [Stress and Resilience](#) or *Stress and Stress Management*

Key points from home visitor resource:

- > There are three types of stress: Positive – short-lived responses to normal stressors; tolerable – coping with a major life stressor (such as a natural disaster or loss of a loved one); and toxic – long-term, unrelieved stress that can change the architecture of the brain.
- > When parents are overwhelmed by stressful events, it becomes more and more challenging for them to care for themselves or others.
- > Building resiliency through skills such as competence, confidence, connections, character, contribution, coping, and control helps buffer families against stress.

Parent handout(s) or other information: [Coping With Stress](#)

- > Use the handout to discuss ways to manage stress and negative thoughts.
- > Help the parent generate possible solutions when things become too stressful or overwhelming.

Family culture (Look back at completed Family Portrait)

Explore the family's unique culture and how that impacts parenting decisions.

- > “What makes your family unique?”
- > “What do you like about being a member of your family?”
- > “Tell me about some special things your family does.”

Closing

Review, revisit, evaluate, share, affirm, and look ahead

Review.

- > Restate key points about health or developmental topics.
- > Draw parents' attention to any key points in the parent handouts.

Revisit.

- > Follow up on parents' next steps that were discussed earlier. “You mentioned that you are going to ...”
- > Encourage parents to repeat the parent-child activity. The Continued Learning section of the [Activity Page](#) might be revisited.
- > State parent educator actions: “I will ...”

Evaluate the time spent together.

- > “How do you think our time went today?” or “Which part of today was most valuable for you?”

Gauge parents' involvement.
Adjust to meet their needs or interests.



Share Socialization/community events

- > Invite the family to attend the next socialization/playgroup.
- > Ask if the parents know of any upcoming family-friendly neighborhood events.

Affirm strengths of the family.

- > Thank the parents for participating.
- > Share a specific strength you observed in each family member. When possible, link to the parent-child interaction.

Look ahead.

- > Schedule the next visit.
- > Let the parents know the focus of the next visit. Ask if there is a parenting behavior or developmental topic they would like to focus on next time.

A large rectangular area outlined by a dashed yellow line, intended for handwritten notes or additional information during the visit.