

# Early Impact Virginia E-Learning Modules Reflective Questions

**All modules include a Learning Guide and Resource Guide.**

## **Home Visiting 101 – The Importance of Home Visiting**

1. Why do you think home visiting is important for children and families?
2. How does your program reach children during the most important time of brain growth to improve their physical health, social competence, and cognitive and language development?
3. What does your program do to prevent child injuries, child abuse, neglect, or maltreatment, and to reduce visits to the emergency department?
4. List ways that your program helps families build protective factors.
5. What strategies does your home visiting program use to improve school readiness and eventual high school graduation and future employment?
6. Describe the importance of home visiting to someone who has never heard of it.
7. Why do you think it's important to provide services in families' homes?
8. Make a list of family needs that you can't address within the scope of your program.
9. What are some ways that your home visiting program helps to improve family economic self-sufficiency?
10. Name some things you can do to build collaborative relationships with other agencies in your community.

## **Home Visiting 102 – Home Visitor Skills and Strategies**

1. Why did you apply for a job as a home visitor?
2. What strengths do you bring to your new role in home visiting?
3. If you were a parent receiving home visiting services, what qualities would you like to see in your home visitor?
4. Imagine the home visitor you will be five years from now. How will you be different?
5. Think about what you've learned about the behaviors of effective home visitors and list three that you hope to develop or improve.

## **HV 103 – Professional Practice**

1. What do you think it means to be a professional in the field of home visiting?
2. Are you producing clear and concise documentation for all of your visits?
3. List strategies you can use for improving your documentation.
4. Watch Becky's Favor video: <https://vimeo.com/145205089>. How would you have responded to Becky's request?
5. List three ways that reflective supervision can help you to be a more effective home visitor.
6. List three things you will do this week to practice self-care.

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## Supporting Immigrants: A Culturally Humble Approach

1. Can you define and describe “culture?”
2. What do you know about the concept of “Cultural Competency?”
3. Are there times you wish for a better way to understand people of another culture?
4. Do you wish you felt more comfortable working with diverse families?
5. Do you have the knowledge and skills you need to support immigrant families?
6. I am culturally competent because....
7. I would like to learn more about...in my effort to become more culturally competent.
8. Trying to be culturally competent can be frustrating because...
9. List some traits you might associate with an attitude of cultural humility.
10. What attitudes, skills and abilities will you commit to working on in your process towards cultural humility?
11. Thinking about what you’ve learned, how do you think that embracing the concept of cultural humility can improve your professional and personal life?
12. How will you incorporate what you learned into your everyday practice?
13. How will you support families in the acculturation process?
14. How will you support families of mixed immigration status?
15. How will you handle a situation that make you uncomfortable because it is new or different from your own culture?

## Supporting Dual Language Learning Families

1. What challenges do you think linguistically diverse families when adapting to a new culture?
2. What strategies do you use to support linguistically diverse families?
3. What do you want to learn from this training?
4. What is my linguistic background?  
How does my linguistic background shape my worldview?
5. How does my language of origin help or hinder my connection to clients?
6. What can I learn about myself through listening to clients who are different from me?
7. How can I be sure I’m acting from a culturally humble position when I’m working with linguistically diverse families?
8. What are my initial reactions to clients, specifically those who speak a different language than me?
9. What are my personal biases about speakers of other languages?
10. What are my beliefs about families who prefer not to learn English?
11. Thinking about what you’ve learned, list three things that you want to change or add to your daily practice with linguistically diverse families.

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## Three Step Counseling Strategy

1. How can you use the Three-Step Counseling Strategy in your work this week?

## Helping Mothers Choose Breastfeeding

2. What are your beliefs about breastfeeding?
3. Do you think mothers should breastfeed in public? Why or Why not?
4. At what age should a baby be weaned?
5. Do you know how you were fed as an infant?
6. Did your mother share her infant feeding experiences with you?
7. If you have breastfed a child, why did you make that choice?
8. If you have had a child but didn't breastfeed, why did you make that choice?

## Helping Mothers Initiate Breastfeeding

1. No Reflective Questions

## Helping Mothers Continue Breastfeeding

1. Reflecting on what you've learned in this three-part training series, list three ways you will use what you have learned in your work with families.

## Prenatal Basics for Home Visitors

1. Reflect on what you've learned about labor and delivery. Identify at least one thing you've learned that will help you in your work with families.

## Nutrition Basics

1. Take a few minutes to reflect on your own family's food and nutrition practices during your childhood.
2. What are some of the healthy nutrition choices your family made for you?
3. What are the last healthy nutrition practices in your childhood family?
4. Take a few minutes to reflect on how you will use what you learned in this module. List at least one thing you will do differently in your work with families as a result of this training.

## Growing Healthy Children

1. As a child, when you were allowed to choose what to eat, what kinds of foods did you choose?
2. What kinds of active play did you like best?
3. What kinds of "junk" food did your parents allow you to eat?
4. Did your parents limit sugary drinks such as sports drinks, sweet tea, soda, lemonade, and fruit juices? If so, what was the limit?
5. How much time did your parents let you spend watching TV or using other electronics?
6. List three things you've learned about nutrition and physical activity during pregnancy. Reflect on ways to use this information with your families.

## **Early Impact Virginia E-Learning Modules Reflective Questions**

7. List three things you've learned about infant feeding. Reflect on ways to use this information with your families.
8. List three things you learned about feeding children. Reflect on ways to use the information with the families you work with.
9. Watch the video about Samuel and Amber. Their neighborhood doesn't seem like a safe place for the children to play, so how can they make sure Haley and Hunter are getting enough physical activity?
10. List three things you've learned about the importance of physical activity for all family members. Reflect on ways to use this information with the families you work with.

### **Substance Use: Risks and Effects in Pregnancy and Early Childhood Development**

1. Reflect on these statements and select **Agree**, **Not Sure**, or **Disagree** for each statement.
  - a. I am comfortable dealing with the issue of substance abuse.
  - b. Cigarettes should be banned in the U.S.
  - c. An alcoholic is as blameless for his/her condition as is a diabetic.
2. Reflect on your answers. Was it easy for you to decide or did you have mixed feelings? What factors influenced your responses?
3. What are some possible signs of substance abuse you have observed on home visits?
4. Working with chemically dependent families is challenging because....
5. I have been successful in working with chemically dependent families when I...

### **Screening Women for Substance Use, Intimate Partner Violence, Mental Health Issues, & Perinatal Depression**

1. While on a home visit, have you ever suspected that someone in the home had a substance use or mental health problem, or had been a victim of violence?
2. What made you suspicious?
3. What have you learned about supporting mothers with depression?
4. How will you use your knowledge in your daily practice?

### **Bright Futures Concepts and Working with the Medical Home**

#### **Questions are not printable**

1. What do you think are some barriers to working with the medical homes in your community?
2. Name four ways you can partner with medical homes in your community.
3. How can you help the family understand the purpose for the visit and prepare for it?
4. What are some questions they might want to ask?
5. What are some ways you can partner with the medical home?

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## Engaging Fathers in their Children's Lives

1. How can you incorporate traditional Latino values into your home visiting?
2. Are you able to identify the strengths in non-traditional fathers? Are you flexible in working with fathers who aren't involved the way you think they should be?
3. How do you work with a father who would prefer to make all of the decisions because he is the head of the household? How do you balance this with the importance of the mother's input and participation?
4. How could you help an Asian American father develop a close relationship with his baby?
5. Why do you think it is important to consider gay and lesbian parents in a training about dads?
6. How can you support and promote positive father engagement?
7. What changes do you need to make in your practice?
8. Do you need to advocate for change in your agency?
9. Downloads: Father-Friendly Assessment Tool for Individual Home Visitors

## Child Development 3-5

1. No Reflective Questions

## Promoting Healthy Homes

1. No Reflective Questions

## Abusive Head Trauma (Shaken Baby Syndrome): Prevention and Education Techniques for Home Visitors

1. No Reflective Questions

## Confidentiality for the Home Visitor: Your Client's Right and Your Responsibility

### Part 1: Confidentiality Principles

### Part 2: Confidentiality and the Law

### Part 3: Confidentiality in Practice

1. No Reflective Questions

## Personal Safety for Home Visitors

1. No Reflective Questions

## Reproductive Health

1. No Reflective Questions

## Secrets of Baby Behavior

1. No Reflective Questions

# **Early Impact Virginia E-Learning Modules Reflective Questions**

## **Project Connect Supplemental Modules**

1. No Reflective Questions

## **Partner Trainings – No Reflective Questions**

1. Child Abuse and Neglect: Risks, Recognition, and Reporting
2. Child Development Birth to 3
3. Social Emotional Development of Young Children