

Early Impact Virginia eLearning 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.

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

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Child Development Series

Secrets of Baby Behavior

No Reflective Questions

Child Development 0-3

1. How confident are you about your working knowledge of child development?
2. Where do you think you might have some gaps in your knowledge?
3. What are some ways you will use what you've learned in this training in your work with families?

Child Development 3-5

No Reflective Questions

Parent-Child Interactions

1. How did this video change your understanding of parent-child interactions?
2. Reflect on what you've learned from this research. How might you share this information with parents to support them in interacting with their children?
3. Reflect on families you've worked with. What are some of the possible challenges the parents may have faced when interacting with their young children?
4. Take a minute to think about the activities that might take place during a typical home visit. Enter your thoughts in the text box.

Social and Emotional Development of Young Children

1. Thinking about the families you work with, what are some of the ways the parents demonstrate nurturing and responsive caregiving to their children?
2. Thinking about what you've learned, identify one or two new things you want to do this week to help parents support the social and emotional development of their young children.

Bright Futures Concepts and Working with the Medical Home

1. Did you have a medical home growing up? If so, in what ways do you think you benefited from having one? If not, how do you think you might have benefited from having one?
2. Before we discuss identifying signs and risk factors for disabilities and diagnoses such as autism, asthma and obesity, take a moment for reflection. How comfortable are you with bringing up these topics with families?
3. What are some ways you can collaborate with a medical home to help families get the services and resources they need.

The ABCs of Safe Sleep

1. How have you seen new parents deal with their infant's erratic sleep schedule?
2. After going through this training, how do you plan to prepare to have safe sleep conversations with expectant parents? What else do you need to feel confident about having those conversations?

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Child Abuse and Neglect: A Three-Part Series

Part 1: Education and Prevention

1. In your work with families, what are some things you might do to help prevent child abuse and neglect?
2. What are three things you might want to try with families in the next month to promote protective factors and help prevent child abuse and neglect?

Part 2: Abusive Head Trauma (Shaken Baby Syndrome)

1. Have you ever read a story about a child who died from trauma sustained from physical abuse? If you can remember the story, briefly describe it and talk about your thoughts and feelings as you read it.
2. Thinking about what you learned in this module, what are two things you might want to do this week to support families to help prevent Shaken Baby Syndrome?

Part 3: Virginia Mandated Reporting

1. In your work, have you ever suspected a child was being abused or neglected? Describe the situation and the action you took.
2. Have you ever had a hunch that a child was being emotionally maltreated? What indicators did you observe?
3. After going through this training, do you feel confident in your ability to spot indicators of child abuse or neglect? What else do you need to feel confident?

Personal Safety for Home Visitors

No Reflective Questions

Three Step Counseling Strategy

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

Family Engagement

Part 1: Partnering with Parents

1. Think about a family who – at any point in your career – had a strong effect on you. Does this memory trigger strong positive feelings or strong negative or difficult feelings? Or perhaps both? Draw a picture or write your thoughts and feelings about this family on a blank sheet of paper. You don't have to share this with anyone if you don't want to.
2. What does Family Engagement mean to you?
3. Making a connection with parents is important because...
4. It's easy to work with parents when they...
5. Think about a time in your life when someone sympathized with you. How did it make you feel?
6. Think about a time when you received empathy. How did it make you feel?
7. Reflect on things you do to build relationships with families. It may help to think of a positive relationship in your own life and identify ways you build trust with the person. Many times these same actions apply to the professional helping relationship.
8. Working with parents can be hard if...
9. Talking to parents is difficult if...
10. Imagine you are working with a family going through a challenging situation. Maybe they remind you of another family you worked with in the past. Maybe you've faced a similar situation in your own life. Think about how these things might impact your attitude toward the family you are currently working with.

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11. Return to your reflection in Part one about the family who had a strong effect on you. What engagement strategies do you remember using with the family? What other engagement strategies would you use with the family if you were working with them now?

Part 2: Strategies for Partnering with Parents

1. Think about the last home visit you made. How much did you talk and how much did you listen? If you talked more than you listen, did you learn what you needed to learn from the family or could you have learned more if you'd done more listening? Did you check to see if the family understood what you were telling them? Did they understand?
If you listened more than you talked, were you able to accomplish the goals of your visit?
2. Select an engagement strategy (communication and listening, strength-based approach, sharing resources and information, engaging the whole family or adult learning principles) and reflect on how you've used it in your work? Describe the outcome of using it. How was it helpful in engaging the parents? In what ways were you challenged to use the strategy? How could you use it differently in the future?
3. If you are new to home visiting, reflect on how you would like to use and practice one of the engagement strategies. How do you think the strategy can help you to keep families engaged?

Family Goals: It's More About the Process

1. In your work with families, what has been the biggest challenge to setting goals?

Reproductive Health

No Reflective Questions

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.

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?

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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.

The Dad Effect: Engaging Fathers in Their Children's Lives and in Home Visiting

1. Reflect on your relationship with your father or another father figure in your life and briefly describe it in the text box provided.
2. What negative opinions do you have about fathers that you would be willing to challenge? What can you do to overcome them?
3. When you realize the many benefits a father provides for the child and family, you may wonder why some dads aren't involved in their children's lives. Reflect on the fathers you work with and identify possible barriers to their involvement.
4. Are you flexible in scheduling so dads can be a part of visits?
5. Does your program allow you to make visits in the evenings or on weekends?
6. Reflect on what you've learned in this module. What did you learn that surprised you?
7. How can you promote and support father engagement?
8. Make a list of five tangible ways, big or small, that you could increase father engagement in the families you work with. Share your ideas with your supervisor. Commit to trying some or all of these changes for two weeks and see what happens. Keep a journal of your experience.

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...

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Substance-Exposed Infants: A Three-Part Series

Part 1: Supporting Pregnant and Postpartum Women's Use of Medications

1. Before beginning the training, reflect for a moment on your attitudes, biases and values related to use of medication for mental or physical health.
2. Think about some of the things you've learned in this module. How might you put them into practice in your work with pregnant and postpartum women? What do you want to know more about?

Part 2: Impact of Perinatal Substance Use on Infants

1. In your work with women and families, have you ever encountered a situation with a substance-exposed infant? How did you feel about the way it was handled?
2. Think about some of the things you've learned in this module. How will you use this information about substance-exposed infants in your work with families?

Part 3: Developing and Implementing Plans of Safe Care for Substance-Exposed Infants

1. In thinking about your own experiences, can you remember a time in your life when you needed the help of others, such as family, friends or professionals? What was that like for you?
2. How can you apply what you've learned in this module to your work with pregnant and postpartum women?

Why Screen 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?

Infant Care

1. Imagine you are observing a new mother change her baby's diaper. You notice that the mother leaves the baby unattended on the changing table while she gathers supplies and she forgets to wash her hands. What kind of feedback would you give this mother?
2. Imagine you are observing a mother give her newborn a sponge bath. She has an area set up on the countertop with all of the supplies she needs. The baby's mother opens up the towel and begins to wash the baby. You and the mother both notice that the baby is beginning to shiver and fuss. What kind of feedback would you give this mother?

Breastfeeding: A Series for Home Visitors

Part 1: Helping Mothers Choose Breastfeeding

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

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7. If you have had a child but didn't breastfeed, why did you make that choice?

Part 2: Helping Mothers Initiate Breastfeeding

No Reflective Questions

Part 3: 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.

Promoting Oral Health in Pregnancy and Early Childhood

1. Thinking of the families you work with, what circumstances might impact their oral health?
2. How do you share oral health information with families?
3. What is one thing you want to learn more about or incorporate into your practice this week?

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.
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.

Promoting Safe and Healthy Homes

1. How conscious are you of keeping your own home safe and healthy? In what ways can you make your home safer and healthier for yourself and your family?
2. What challenges do you anticipate with helping families prepare for emergencies? What strategies can you use to help them overcome these barriers?

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Adult Mental Health

1. What are the messages you've heard about mental health from family members, friends, colleagues, community, religious groups and the media?
2. How comfortable are you when interacting with a person who has a mental health disorder?
3. List three things that you want to do differently in your work with families this week.
4. What is one thing you would like to learn more about?

Perinatal Depression

No Reflective Questions

The Learning Journey: Transferring Learning into Practice (For Supervisors Only)

1. What do Jordan's and Lucy's stories tell us about learning? (Video reflection)
2. As a supervisor, what is your role in supporting staff members' professional development?
3. Why do you think the supervisor's actions are so important for transfer of learning?
4. Reflect on things supervisors can do to support transfer of learning before and after a training event and on things supervisors should not do.
5. What if a staff member is unwilling to actively engage in a training event or the transfer of learning process?
6. What if a training event yields little helpful information or is a negative experience for the learner?
7. What if a learner experiences challenges in transferring learning into practice?
8. What barriers might you encounter as a supervisor when trying to provide support for transfer of learning?
9. What are three things you've learned that you want to use in your work this week?