

STRENGTHENING PARENT CONFIDENCE

Helping home visitors intentionally build up each parent's confidence — especially in communities that have been historically marginalized — empowers the entire family and fosters long-term success beyond the program. When families integrate education into their daily lives it helps both parents' and their children's confidence grow. Example: **research shows** that parent-child book reading predicts children's later success. Daily book reading is built into HIPPY and it's worth pointing out to home visitors and parents the value it brings to their child's development and the parent-child relationship.

Give each home visitor a copy of **One Visit at a Time** (digital or hard copy). Depending on how much time you have for this topic you can keep it as simple as giving them the insert to read and asking one of the **REFLECTION** questions. If you have a little more time, you can use one or two of the **LET'S TALK** discussion questions, which would add 10-15 minutes of connecting time to your meeting. Or you can open with a question, add one or two of the **THREE MORE IDEAS** and the **TRY THIS** activity for a 30-45 minute training on the topic. Any materials needed for the TRY THIS activity are underlined.

TRY THIS: Good Job HIPPY Fam!

(Write a thank you note for each home visitor and hand them out. **This website** has some ideas). Today you are going to write encouraging notes to a few of your parents on these thank you cards. Pick a parent you'd like to encourage and recognize for their hard work. Maybe one who had a rough start, who faces additional challenges, or who needs someone to notice their efforts. First let's brainstorm (on chart paper or digital projection of a document). How did it feel when you read the note from me? How do you want parents to feel about the note you write? What would we want to include in an encouraging note? - 5 mins. Now write encouraging notes to take to home visits this week - 5 mins. Would anyone like to share their note? - 5 mins. Next week we'll check back and talk about how it went when you delivered your notes to parents.

LET'S TALK:

- What life experiences and strengths do you bring to parenting?
- Describe a time you handled a challenge better than you expected?
- What's one small change you have made that had a big positive impact?

THREE MORE IDEAS of how to use today's insert with your team:

- **Video** - What resonated with you from this **video**? How do these ideas apply to us as adults?
- **Applied Tips** - Read through the tips, highlight a tip that you have had success with. Circle a new one you'd like to try.
- **Wow Wall** - Put up a poster board or chart paper on the wall and add post its with compliments and notes of appreciation for individual members of your team. Ask everyone to add their own post it notes, then review them together and celebrate your wows.

