

QUOTE

"Behind every young child who believes in themselves is a parent who believed first."

— Matthew Jacobson

PARENT CONFIDENCE



Parenting is one of the most rewarding—and challenging—journeys a person can take. Many parents quietly wonder, "Am I doing enough? Am I doing it right?" As a home visitor, you have a powerful role in helping parents see their own strengths. Confidence grows when parents notice the small, everyday ways they positively influence their child's development. A warm smile during play, a patient response to a tantrum, or a bedtime story—these moments build both the child's future and the parent's sense of competence.

When parents feel supported and encouraged, they are more likely to try new strategies, stay calm during challenges, and celebrate progress. Remind them that confidence doesn't come from being perfect, but from knowing that growth is possible. Each home visit is an opportunity to reflect back to parents what they're already doing well, offer reassurance, and remind them that they are their child's first and most important teacher.

By highlighting their strengths and modeling encouragement, you help parents trust themselves—and strengthen the relationship you have with the family. This results in increased parent participation and ultimately their children's school success.

REFLECTION

1. What are you already doing to boost parents' confidence?
2. What positive "self talk" words do you use to boost your own confidence?
3. What would you like to do differently to help parents gain confidence in themselves?

TIPS

Here are 7 strategies to support parents' self confidence.

1. **Ask parents what motivates them** in raising their children. When things get tough (schedules don't align, personal difficulties arise) you can revisit these touchstones together.
2. **Celebrate milestones!** Whether it's a 2 year old sitting and listening to a whole story book, or completion of half of the curriculum at week 15, take a moment to review challenges that were overcome, and highlight accomplishments.
3. **Connect daily routines to bigger goals.** Ex. how daily reading impacts later educational accomplishments.
4. **Remind yourself and parents that progress often happens in small steps.** Tie in the daily practices of reading, and completing the HIPPy activities to the progress they see in their child's school readiness.
5. **Reflect back to families the progress you've observed.** Use the pre-test assessments to establish a baseline and open a discussion about their child's strengths and challenges. Return mid-year to identify progress together. Review the end of year post-test results together and celebrate any gains made.
6. **Celebrate persistence as much as "success".** Completion of each 10 weeks of packets, attendance at parent group meetings, or meeting daily reading goals – recognize the challenges and success to be found in staying the course.
7. **Make visual reminders of progress.** This could be a 30 week chart with a star for every week completed, posting pictures of families with perfect home visit attendance one month, or highlighting children's artwork in newsletters, websites or group meetings.