



Navigating Change with Families

Carla Mowell, National Training Director

Whether it's a move, new baby, job loss, or a shift in parenting dynamics, families often experience major life changes. Home visitors can serve as steady, compassionate partners through these transitions. An effective approach is to offer strategies for supporting families without trying to "fix" things. **Research shows** that home visitors help families navigate changes, and without support, families navigating changes are more likely to drop out of HIPPY. **Successful support hinges on the quality of the home visitor-family relationship.** The coordinator's role is to support and train home visitors to build trust with families, and use communication tools tailored to a family's unique needs, so they can support parents' skills.

LET'S TALK:

- What are some changes going on in the lives of the parents you serve?
- How do you help parents navigate change without taking it on as your own responsibility?
- How do you manage your own emotions and reactions when parents confide in you about the difficult situations they are facing?

- Give each home visitor a copy of **One Visit at a Time** (digital or hard copy). Depending on how much time you want to spend on this topic you can keep it as simple as giving them the insert to read and asking them how they would like to apply the **Reflection Questions** (on the handout) this week. If you have 10-15 minutes you can use one or two of the **LET'S TALK** questions on the right, which would give your team an opportunity to connect. For a deeper dive into the topic, open with a question, add one or two of the **THREE MORE IDEAS**, and the **TRY THIS** activity below. Any materials needed for the **TRY THIS** activity are underlined.

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

- **Yes, AND Team Brainstorm** - Choose one TIP from the article and go around adding "Yes, and..." ideas to expand how it could be applied.
- **Challenge of the week:** Consider REFLECTION question 3 - over the course of the next week, keep an eye out for an example of someone who handled change well. Come ready to share an example next week.
- **Share coping skills:** On chart paper brainstorm a list of coping strategies for navigating stress and change. Once you've completed the list, give each home visitor 3 different colored highlighters (ex. Yellow, Orange, Green). Have them highlight one strategy they already use (yellow), one they want to try (orange) and one they have questions about (green). Discuss the highlighted items.

TRY THIS: Connecting Strategies to Situations

Let's look at the TIPS and how they can apply to real situations you've encountered. Think of a family you serve who is facing a challenging situation. Write down two things: 1) the challenge they are facing, and 2) what support or information you've provided them (5 mins). Now look at the tips on your handout. Which of these tips can you use to support the family further? How will you apply it? (10 mins).