

# HOME VISITING

Working with Families and Children at Risk Using a  
Relationship Based Transdisciplinary Approach

We Can't Wait  
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## OBJECTIVES

- ◆ Attendees will explore home visiting as a relationship based intervention where nature and nurture meet to support best outcomes for families.
- ◆ Attendees will learn about coaching versus direct teaching and the importance of self reflection as a best practice.
- ◆ Attendees will examine/value the benefits of the team approach toward supporting families and team members.

○ The home visiting approach is focused on the family functional everyday routines that can be taking place across many domains such as: day care, park community , homeless shelters, women's prison or even camp land by the bay anywhere the baby is and involves a team approach to intervention the team can consist of Teacher, OT, PT, SLP, Nurse S.W SLPA, Regional worker.

## Transdisciplinary Service Delivery

- This approach is defined as; the sharing of roles across disciplinary boundaries so that communication, interaction, and cooperation are maximized among team members.
- The team is characterized by the commitment of its members to teach, learn, and work together to implement coordinated services.

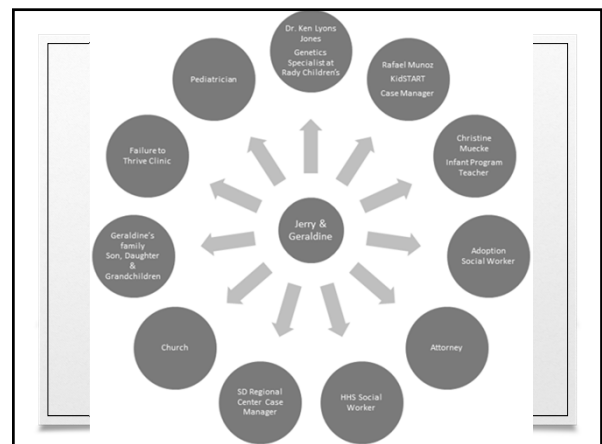
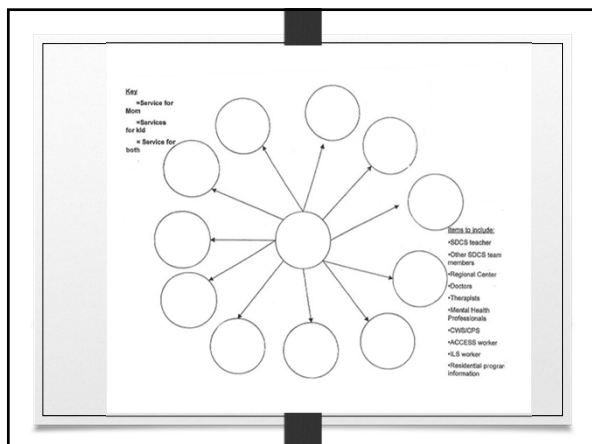
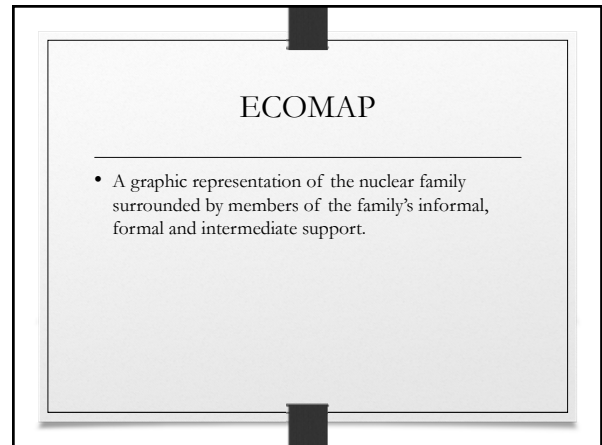
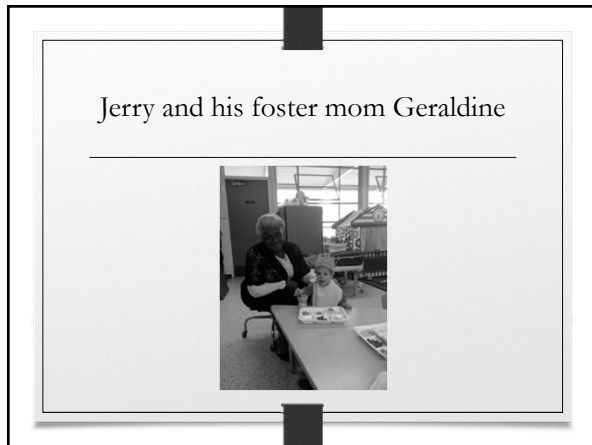
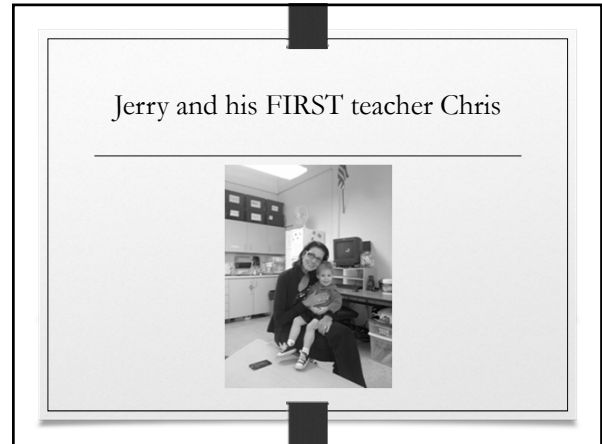
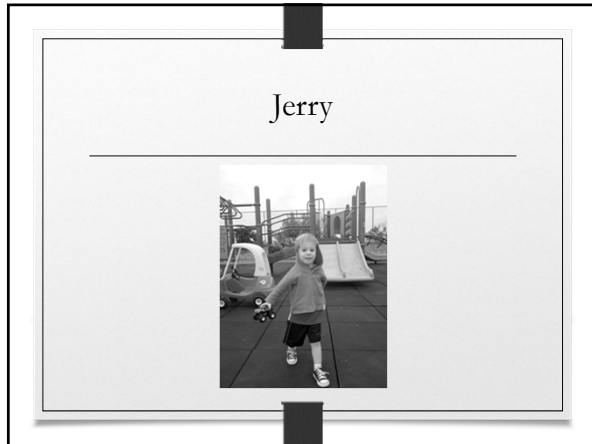
McWilliam, R. A., (2010). Routines-based early intervention; Supporting Young Children and Their Families. Baltimore, MD; Paul H. Brookes Publishing Co.

## We choose this model because

- It is smoother and relies on skills and knowledge of the primary service provider (PSP)
- Services added only as needed NOT to match disabilities or diagnoses.

## Natural Environments

- ◇ Homes
- ◇ Homeless shelters
- ◇ Prisons
- ◇ Cars
- ◇ Parks
- ◇ At the train station
- ◇ Campland
- ◇ Restaurants
- ◇ Dr.'s office



### Fetal Alcohol Spectrum Disorders

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- Learning and remembering
- Understanding and following directions
- Controlling emotions and impulsivity
- Communicating and socializing
- Shifting attention
- Performing daily life skills including feeding, bathing, counting money, telling time and minding personal safety

Fetal Alcohol Spectrum Disorders: <https://medlineplus.gov/fetalalcohol-spectrum-disorders.html> (MedlinePlus)

### FASD –Additional Related Problems Including Mental Health Disorders

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- Attention deficit hyperactivity disorder
- Depression and anxiety
- Problems with conduct and impulse control
- Increased incidence of alcohol and other substance use disorders

Fetal Alcohol Exposure: <https://niaaa.nih.gov/alcohol-health/fetal-alcohol-exposure> (NIH: National Institute on Alcohol Abuse and Alcoholism)

### Signs and Symptoms of FASD - which may range from mild to severe

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- Abnormal facial features, such as a smooth ridge between the nose and upper lip
- A small head size
- Shorter than average height
- Low body weight
- Poor coordination
- Speech and language delays
- Intellectual disability

Fetal Alcohol Exposure: <https://niaaa.nih.gov/alcohol-health/fetal-alcohol-exposure> (NIH: National Institute on Alcohol Abuse and Alcoholism)

### KEY FINDINGS

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- Eight studies – over 10,000 children ages 6 months – 14 years found that ANY binge drinking during pregnancy was associated with cognition problems.
- Three studies over 11,900 children ages 9 months - 5 years found that moderate drinking during pregnancy was associated with behavior problems.

Key Findings: The effects of alcohol use during pregnancy and later developmental outcomes: An analysis of previous studies. <http://www.cdc.gov/ncbddd/fasd/features/key-finding-acer.html> (CDC: Centers for Disease Control and Prevention)

### Relationship based-intervention Empowers the family

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- When parents gain a sense of awareness and understanding about their importance , they are better able to;
- take real and lasting steps to form strong bonds with their children,
- be advocates for them, guide them in positive ways, and
- set patterns of caring communication that will last through the years and be a buffer to challenges they will face as they grow into adulthood.

Key Findings: The effects of alcohol use during pregnancy and later developmental outcomes: An analysis of previous studies. <http://www.cdc.gov/ncbddd/fasd/features/key-finding-acer.html> (CDC: Centers for Disease Control and Prevention)

### EMPATHY VERSUS SYMPATHY

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- When you understand different values and beliefs you will be able to collaborate with families to provide the support the culture of the home as much as possible.

## BRENÉ BROWN EMPATHY



<https://www.youtube.com/watch?v=1Fvwa0369Jw>

WE DO NOT SEE THINGS AS  
THEY ARE....

WE SEE THINGS AS WE ARE.

## REFLECTIVE FACILITATION

- THE GOAL OF REFLECTIVE FACILITATION IS TO HELP THE STAFF MEMBERS BE ABLE TO THINK ABOUT THE EXPERIENCES OF THE FAMILIES AND CHILDREN THEY ARE WORKING WITH. IT HELPS TO CREATE A NEW WAY OF PERSPECTIVE TAKING. THIS CAN INVOLVE HELPING THE STAFF MEMBERS DEAL WITH THEIR OWN STRONG EMOTIONS. WE NEED TO BE IN TOUCH WITH OUR OWN HEARTS, MINDS AND SPIRITS AS WELL AS THE FAMILIES WITH WHICH WE WORK.

## COACHING

- a strategy in which the coach promotes the family's ability to reflect on their actions
  - as a means to determine the effectiveness of an action or practice
  - and working together to plan for future action.
- Landy, S. (2009) Pathways to competence – Encouraging Healthy Social and Emotional Development in Young Children. Baltimore, MD; Paul H. Brookes Publishing Co.

## CHARACTERISTICS OF A COACH

- Explains what coaching is to the family
- Relational in practice
- Chooses relationship over control
- Emotional stability
- Empowers the family

## DIRECT INSTRUCTION V.COACHING

- Usually is linear, based on learning objectives designed by the teacher and based on a particular curriculum
- Appreciation that the caregiver is the child's best and first teacher where our common goal is to improve the overall quality of the family.
- The most important piece is to foster the relationship of the child and caregiver

### Adult learning

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- One way we empower the family is to build on the principles of adult learning ...
- Teach others
- Practice
- Simulate
- Discuss

### SURVIVAL SKILLS

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- Please don't take this work personally
- Recognize that you will not be able to solve all the families problems
- Reflective facilitation motivates caregivers more than direct instruction
- Reflective supervision will keep you healthy in the career.

### Jerry's Kindergarten Graduation

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