Roadmaps for Reflection

Description

The Roadmaps for Reflection serve as a guide for early childhood practitioners by demonstrating an appropriate path for family support coaching conversations. Coaching is most successful when the family determines the priority to be discussed rather than addressing the practitioner's goals or desires for the family. The Roadmaps for Reflection address common topics when supporting families who are under-resourced. The front side of each Roadmap for Reflection is designed like a flowchart to show possible directions conversations might take, appropriate questions to prompt the family's reflection, and opportunities for providing additional information (i.e., informative feedback). The reverse side of each Roadmap for Reflection provides the practitioner with research-based information to use when providing informative feedback to the family. When families participate in repeat conversations using the Roadmaps for Reflection, they are more likely to learn the problem-solving process and strengthen their ability to meet future challenges.

Instructions

Practitioners should review the *Roadmaps for Reflection* that correspond to topics they encounter and become familiar with the pattern for reflection and feedback used in each *Roadmap*. The information in the *Roadmap* should be used as a guide or a reference skill during conversations. Practitioners may initially read from the *Roadmaps for Reflection* during an interaction, until the conversation becomes more natural for him/her.



Every *Roadmap for Reflection* begins with a question or issue that triggers the conversation. The triggers are located in the purple circle on the left side of the *Roadmap*. Start each conversation at the purple circle. *Roadmaps* end with a red circle prompting the practitioner to make a plan for follow-up with the family. End each conversation at the red circle.



The green boxes indicate reflective questions designed to prompt the family's increased awareness, analysis, alternatives, or action planning regarding the situation. Note the questions are open-ended to prompt thorough conversation rather than closed-ended questions (i.e., yes or no). The reflection practitioners prompt directly affects the family's ability to independently solve challenges in the future.



The yellow boxes indicate an opportunity to provide informative feedback to the family to ensure understanding of the factors involved in the decision and opportunity to make informed decisions throughout the conversation.



Conversations may take many twists and turns; practitioners should expect they may need to ask additional prompts or provide other feedback throughout the conversation. If it is necessary to veer off the *Roadmap* to address an individualized concern, once the concern is addressed, return to the *Roadmap* and work to develop a joint plan. The red circle signifies an appropriate ending point to the conversation. Use the *Guide to the Follow-up Conversation* to revisit each previous plan.

Find out the priority of the family. In some instances, the

Roadmap for Reflection

Flow of a Coaching Conversation

the family. In some instances, the practitioner will raise an issue and ask permission to discuss it with the family.

Ask for inform claric under of the

Ask for more information to clarify your understanding of the priority.

Find out what the family has done so far. Find out
why the
past
solutions
are
working or
not
working.

Find out
what other
ideas the
family has
for solving
the issue.

Help
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Help the family brainstorm ideas. Provide researchbased ideas/ information if necessary. Explore advantages and disadvantages of ideas with family and assist with prioritizing best options.

Provide information about other considerations, if needed.

Find out what the family's plan is. Listen for specific action steps and re-prompt if necessary.

Find out what other supports the family might need to achieve their action plan.

Find out when the family wants to follow-up with you.

Roadmaps for Reflection follow a basic flow that includes:

- Developing an awareness of the situation
- Identifying existing knowledge and resources for resolving the situation
- Identifying a variety of alternatives to resolve the situation
- Weighing the advantages and disadvantages of the various alternatives
- Taking a broad look at other considerations that impact the situation (including any special skills needed)
- Developing an action plan and plan for follow-up



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