


Making the Most of Work with Expectant Families


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In this session:

We will . . .

1. Recognize the value of work with expectant families.
2. Share challenges of this work with colleagues.
3. Identify at least three new strategies for addressing one or more of those challenges.
4. Make a plan to implement those strategies in their work.



What's your star?

Fill in the blank: What motivates or inspires your work?



Share your star with someone you don't know.



Why pregnancy?

Video of Ron Lally. "The Foundations for Life and School Begin in Infancy."

Available on-line at

<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>



What gets in the way?



Photo: Courtesy of EHS NRC

- Difficulty in engaging families
- Stress of parents
- Challenged prenatal attachment
- Substance abuse
- Access to services/resources
- Lack of social support



What works?

- Choose two challenges that really interest you!
- Go to the table for the first one.
- Brainstorm strategies for addressing that issue for 10 minutes. Use the resources there if you need inspiration. Record ideas on easel paper.
- Go to the second table. Repeat.



Prepare your Pregnancy Presentation (Please!)

Develop a 3-5 minute presentation on your table's suggested strategies.

Creativity is encouraged!

Prepare to make presentations after the break.



Photo courtesy of the EHS NRC



Engaging families



Photo: K. Brown

Identified strategies



Engaging families

- ✓ Offer incentives

Video of Tina Salinas, parent:
"Something Better for My Children: Families Chart Their Courses from Difficult Childhoods to Devoted Parenting"

Available on-line at
<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>




Engaging families

Video of Josh Sparrow:
“Prenatal Brain
Development: Nurturing
Babies in a Healthy
Environment.”

Available on-line at
<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>

✓ Use strengths-based, respectful interactions




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Engaging families

Audio of Barbara White:
“Serving Expectant Teens:
Principles for Practice,
Resources and Curricula”

✓ Include both parents
whenever possible

Available on-line at
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/Early%20Head%20Start/multimedia/audio-casts/ServingExpectant.htm>



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Engaging families



Photo: K. Brown

Other Tips:

- ✓ Encourage word of mouth
- ✓ Build community partnerships
- ✓ Persist



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Fostering mental health



Photo courtesy of the EHS NRC

Identified strategies



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Fostering mental health

Video of Amy Hunter:
Response to "Prenatal Brain
Development: Nurturing
Babies in a Healthy
Environment."

Available on-line at
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>

- ✓ Screen
- ✓ Use resources, including *Family Connections*



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Fostering mental health



Photo courtesy of the EHS NRC

Other tips:

- ✓ Allow/encourage families to talk
- ✓ Foster exercise opportunities
- ✓ Recognize strengths



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Promoting attachment



Image courtesy of patriayu/
FreeDigitalPhotos.net

Identified strategies




Promoting attachment

Video of Claudia Quigg:
Response to “The
Foundations for Life and
School Readiness Begin in
Infancy.”

✓ Affirm parents

Available on-line at
<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>




Promoting attachment

Video of Josh Sparrow:
“Prenatal Brain
Development: Nurturing
Babies in a Healthy
Environment.”

✓ Use the senses

Available on-line at
<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>



Promoting attachment



Image courtesy of patrisyu/
FreeDigitalPhotos.net

- ✓ Open the discussion
- ✓ Encourage ultrasounds
- ✓ Talk about goals and dreams



Addressing substance use



Image courtesy of Stuart Mills /
FreeDigitalPhotos.net

Identified strategies



Addressing substance use

- ✓ Learn skills from motivational interviewing

Video of Rachel Galanter:
"Engaging Families Using
Motivational Interviewing
Strategies and Principles"

Available on-line at
<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archive.html>



Addressing substance use



Image courtesy of Stuart Mills /
FreeDigitalPhotos.net

Other tips:

- ✓ Ask permission
- ✓ Explore brief therapies
- ✓ Avoid shame and blame



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Facilitating access



Photo courtesy of the EHS NRC

Identified strategies



Facilitating access

Video of Amy Hunter:
Response to "Prenatal
Brain Development:
Nurturing Babies in a
Healthy Environment."

- ✓ Ensure prenatal services are represented on your HSAC

Available on-line at
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/btt/archives.html>

- ✓ Advocate!



Facilitating access



Photo courtesy of the EHS NRC

Other tips:

- ✓ Recognize successes
- ✓ Function as community leader
- ✓ Foster self-advocacy



Building social support



Photo courtesy of EHS NRC

Identified strategies




Building social support

- ✓ Think creatively about getting families connected

Audio of Becky Carter-Steele and Antoinette Meeks: "Professional Boundaries in Work with Expectant Families, and Infants and Toddlers and Their Families"

Available on-line at:
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/Early%20Head%20Start/family-engagement/working-with-families/EHSNRCProfession.htm>



Building social support



Photo courtesy of EHS NRC

- ✓ Highlight help from others
- ✓ Follow family interests
- ✓ Use Family Partnership Agreement



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Make a plan!

List THREE strategies you will implement or plan for implementing in the next month.



Photo courtesy of EHS NRC



In the end . . .

✓ The strategy that matters most . . .

Video from Missy Ulmer, parent.
"Families Speak."