



# About Head Start Programs and the Family Services Role

## Reflective Practice


### Reflection Questions

Reflect on each question. Write your response in the space provided.

What makes you passionate about your work? What brings you joy? What do you want to bring to your work?

What do you consider to be your strengths?

In which of your job duties and activities would you like extra support?



How do you currently engage in self-reflection? What strategies do you use? What new strategies would you like to try?

Empty text area for reflection on self-reflection strategies.

How might perspective taking (i.e., considering the family’s point of view) inform your work with families and advance equity?

Empty text area for reflection on perspective taking.

**Next Steps**

- Identify two to three key takeaways that you want to implement in your daily work in the space provided.

Empty text area for next steps.

- Complete the Action Starters table below.

Action Starters				
Something to think about or discuss more. . .	Something to try in practice. . .	When?	How?	With whom?

For more information, please contact us: [PFCE@ecetta.info](mailto:PFCE@ecetta.info) | 1-866-763-6481

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