



National Center on
Parent, Family, and Community Engagement

The Family Partnership Process: Engaging Families in Economic Mobility Goal-Setting

Session 1 | May 5, 2021



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Your Session Console






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Facilitators



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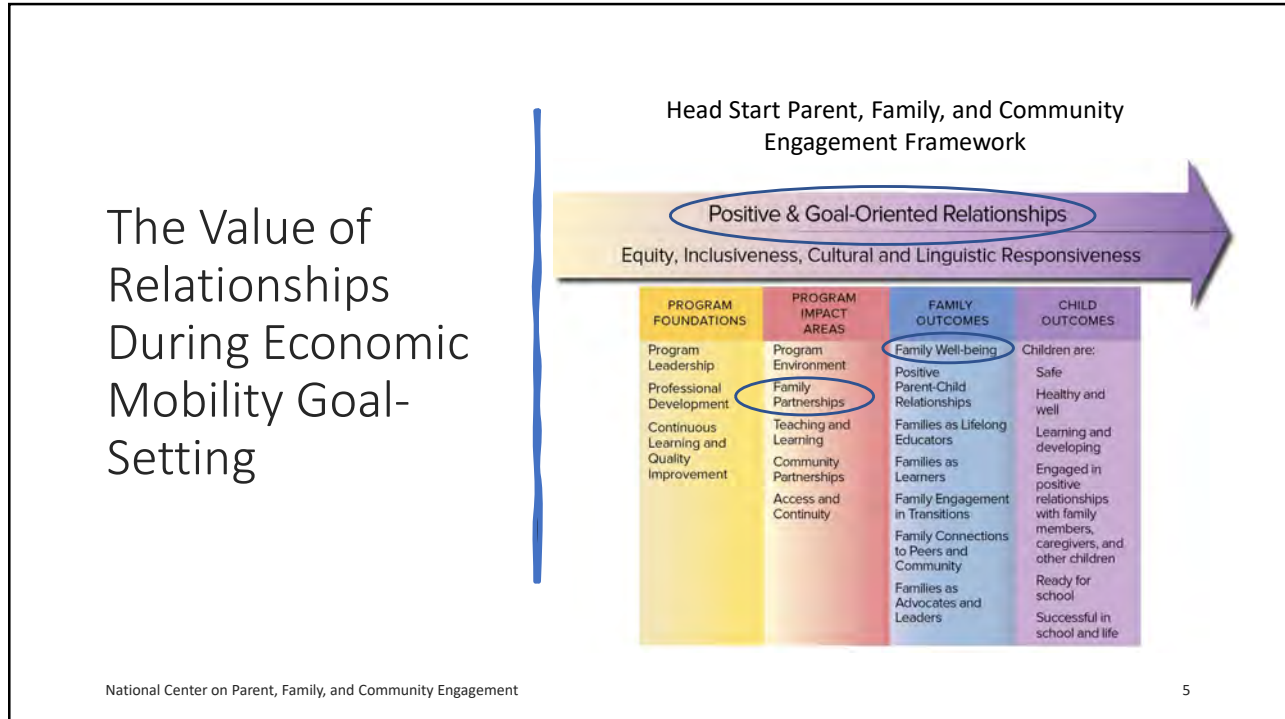
Learning Objectives

Demonstrate	Review	Examine
<ul style="list-style-type: none">• Demonstrate tools to help identify families' strengths, priorities, and goals	<ul style="list-style-type: none">• Review tools and resources program staff and families can use to track progress and review goals during monthly check-ins	<ul style="list-style-type: none">• Examine lessons learned from staff and families about partnering on family economic mobility goals

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Strengths-based Approach and Attitudes

Strengths-based Approach involves:

- Acknowledge the strengths of families first
- Respect and learning from differences
- Show openness to adapting practice based on family preferences
- Share decision-making
- Approach families as equal and reciprocal partners in support of their child

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Discussion: Strengths-based Approach and Attitudes

What are some examples of working in a strengths-based way?

Strength-based Attitudes

- All families have strengths.
- Families are the first and most important teachers of their children.
- Families are our partners with a critical role in their child's development.
- Families have expertise about their child and their family.
- Families' contributions are important and valuable.

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Discussion: Relationship-based Practices

- Reflect on families' individual and cultural perspectives.
Ask families what they would like to know and ask permission before sharing advice or resources.
- Support parental competence.
Celebrate success, progress, and effort—especially when things don't work out.
- Value a family's passion.
Ask caring and open-ended questions similar to the following: "I can tell that you certainly want what's best for Jayda. What about you? Are there things you would like to do?"

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Step 1 Set a Goal: Discussion

- What is an effective vision?
- Why start with a vision?

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Step 1 Set a Goal

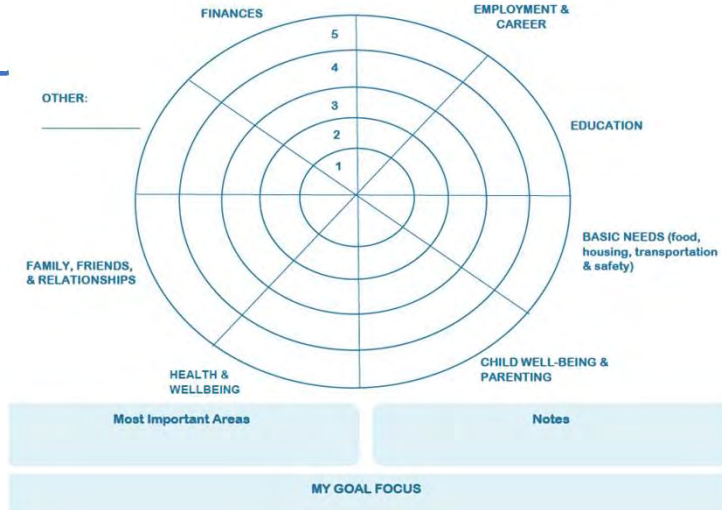
- Engage with families to prioritize their interests.
- Set a goal based on those interests.
- Ask families to imagine what making progress towards this goal looks and feels like.
- Support families through their enthusiasm for their goal using their vision as a motivator toward progress.

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Step 1 Set a Goal

Helpful Tool: Wheel of Life

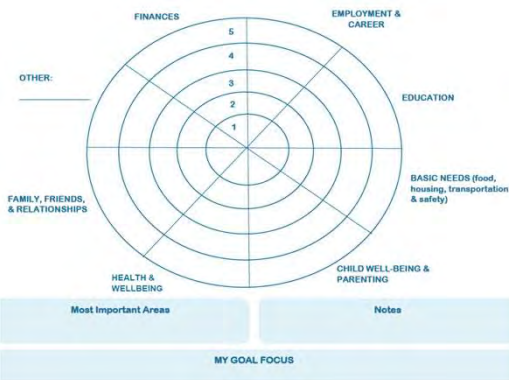


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Step 1 Set a Goal: Wheel of Life



Use responses to the following questions to discuss strengths, potential obstacles, and values.

- “I see that you rated [area] pretty highly. What do you do that helps you stay this satisfied in this area?”
- “I see you rated [area] not as highly. What would a “5” look like to you? What’s getting in the way?”
- “Which of these areas are most important to you?”

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Step 2
Identify Skills

Step 3
Assess Strengths



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Step 4
Examine Stressors

Step 5
Explore Strategies

Step 6
Determine Support

Create **smaller action steps**:

- Name potential obstacles
- Proactively explore solutions

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Step 4
Examine Stressors

Step 5
Explore Strategies

Step 6
Determine Support

Helpful Tool: Brainstorming Worksheet



The Brainstorming Worksheet is a structured form for goal setting. It includes a 'Goal' section, a section for brainstorming action steps, a section for identifying challenges and resources, and a confidence scale from 1 to 5.

Brainstorming Worksheet

Goal

Brainstorm a list of action steps that you would need to take to achieve your goal. To start, do not worry about the order you write them in. Once you finish, you can go back and number them in order.

What challenges could keep you from achieving your goal? What strategies could you use to overcome them, and what resources could help you? What has helped you in the past?

Challenges	Strategies/Resources/Strengths

On a scale of 1-5, how confident are you in being able to achieve this goal?

1 Not Confident at All 3 Somewhat Confident 5 Very Confident

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Step 4
Examine Stressors

Step 5
Explore Strategies

Step 6
Determine Support

Helpful Tool: Brainstorming Worksheet

Brainstorm possible steps to take. Also consider:

1. What could get in your way?
2. What could help you overcome those challenges?
3. What has helped you in the past?

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Helpful Tool: Seven Step Worksheet

This Seven Step Worksheet from *The Family Partnership Process: Engaging and Goal-Setting with Families* can support families to set and achieve manageable goals through every step of the process.

Seven Steps Worksheet Template
Use this worksheet to record your combined responses and guide family goal-setting.

Seven-Step	Family Partner: Name _____	Staff Partner: Name _____
Step #1 Set a Goal		
Step #2 Skills		
Step #3 Strengths		
Step #4 Stressors		
Step #5 Strategies		
Step #6 Support		
Step #7 Success		
Follow-up and Review		

The Family Partnership Process: Engaging and Goal-Setting with Families 22

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Step 7 Track Progress and Celebrate Success

Make goals more attainable by:

1. Defining smaller, manageable steps
2. Naming deadlines
3. Writing them down!

Physically and visually, celebrate progress!




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Step 7 Track Progress and Celebrate Success


Helpful Tool: Goal Plan



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Voices From the Field

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What is something your staff member did in the beginning that helped build your trust in your relationship with them?

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“...made sure I got the information that I needed and getting me involved in things.”

Rebekah Collins



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PARENT, CENTRAL MAINE

If you are off track with your goal, how do you get back on track?

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“...when you're off track, that often can be an opportunity to realign what your goals are...”

Aaron Collins



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How do you establish trust with your families? (Think strength-based attitudes and relationship-based practices.)



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“...the key to a successful relationship is trust...”

Katie Hughes




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PARENT, CENTRAL MAINE

How have you approached reaching some of your economic goals?

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“...discussing the steps that I needed to take to get to those goals...”

Allie Richard

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PARENT, CENTRAL MAINE

If you are off track with your goal, how do you get back on track?

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“...make sure that you take a step back and prioritize what needs to be done...”

Allie Richard

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How do you identify areas of strength in your families?



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""[I] look for opportunities to support parental mastery." Allie wrote down two very specific quotes of praise that I stated to her when she accomplished steps towards a goal....That really was very impactful for her.

Sharon Lessard

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How do you help support families in the goal-setting process?



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“...we start by identifying one small smart goal to focus on...”


Joleen Spencer

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PARENT, CENTRAL MAINE

How has your family support person helped support you on your journey?

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“...become more independent, helping me see that I can do this on my own...”

Rosa Blanchard

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Key Takeaways

- Established trust and relationships are the foundation of all conversations with families about goal setting.
- Goal-setting conversations should be based in families' strengths and the acknowledgment that they are the drivers in the goal-setting process.
- Goal-setting conversations may seem intimidating to you and to families. There are tools to help guide these conversations and the steps involved.

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Resources

- **Building Partnerships with Families Series**
 - Building Partnerships: Guide to Developing Relationships with Families (Focused on pages 14, 16, and 20)
 - Strategies for Family Engagement: Attitudes and Practices
- **The Family Partnership Process: Engaging and Goal-Setting with Families**
- **Parent, Family, and Community Engagement Simulation: Goal-setting with Families**
- **Session Handouts**
 - Wheel of Life
 - Brainstorming Worksheet
 - Goal Action Plan

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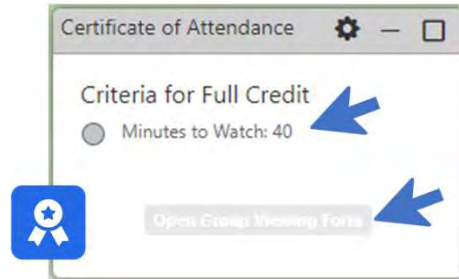


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Certificates, Session Resources, and Institute Survey

- Download your certificate of attendance and session handouts from the related content tool.
- Complete the Institute Survey at the end of the two-day event.



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A promotional graphic for COVID-19 vaccination. The background is yellow with white polka dots on the left and blue with white polka dots on the right. At the top, the text "Let's Get Vaccinated!" is written in large, bold, blue letters with a white outline. Below it, the text "Head Start staff, let's move forward together!" is written in smaller blue letters. In the center, a man in a light blue polo shirt is holding a young girl in a yellow dress. Both are flexing their biceps. To the left, a cartoon nurse in a blue uniform and mask is also flexing her bicep. At the bottom left, there is a logo with the hashtag "#SleeveUp4HeadStart". On the right side, the text "The COVID 19 vaccine is:" is followed by a list of three bullet points: "• Safe for adults", "• Effective", and "• Available in your area".

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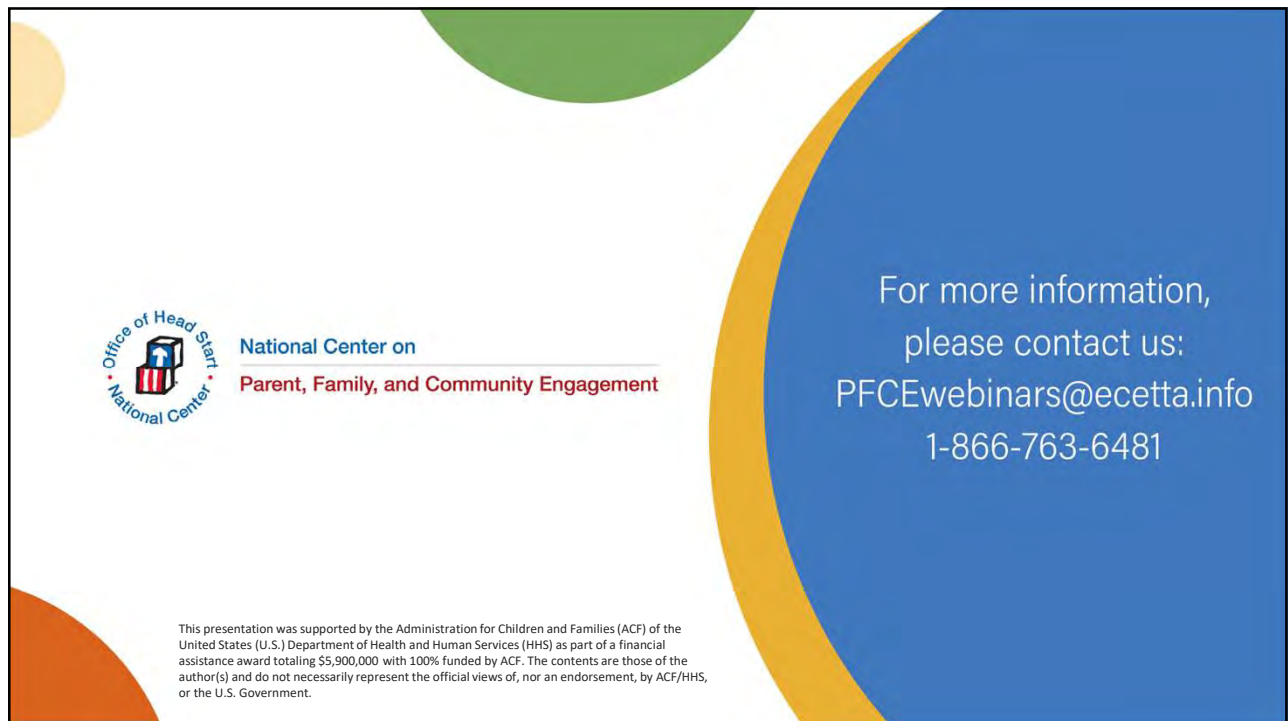



Self-care Break

Join us in the Engagement Hub.

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For more information,
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This presentation was supported by the Administration for Children and Families (ACF) of the United States (U.S.) Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$5,900,000 with 100% funded by ACF. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACF/HHS, or the U.S. Government.

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