

# APPENDIX C: CONTENT MODULES

## CONTENT MODULE: CHILD WELL-BEING AND PARENTING

### WHY IS THIS TOPIC IMPORTANT FOR BOTH A COACH AND A FAMILY?

Parents play a critical role in a child's health and development. Brain science shows us how child development is supported by positive parent and family interactions. As Head Start notes, "... strong families are at the heart of children's success ... When families are strong and secure, and family outcomes are enhanced, children are more likely to be healthy and ready for a lifetime of learning." For many parents, their child's well-being is a major reason for wanting to make changes in their lives. Knowing how best to support child well-being is a challenge faced by all parents, especially as they juggle the pursuit of pursuing an education,

finding or maintaining a job, and taking care of their family.

Parents, especially parents with low incomes, can be significantly stressed by the challenges of caring for children while ensuring that basic needs are met. All parents need a strong support network of peers and community members to support them as they raise their children. Children's needs vary across ages and over time, with young children demanding time, attention, and care when parents are away at work, training, or at home. Older children need support, guidance, and room to develop their social emotional skills as they transition to young adulthood.

### GENERAL TIPS AND ADVICE FOR COACHING ON THIS TOPIC

- Come to a meeting with a parent knowing that, as Head Start states, "Families of all types can raise thriving children. This includes families with various care-giving structures, cultural beliefs, socioeconomic levels, faiths, home languages, and countries."
- Remember that the parent is the expert on their own children and their voice is the most important one.
- Approach these topics from a family perspective, asking what the parent's goals are for their children, and how those goals support family well-being from the parent's perspective.
- Value a family's passion. If a family is angry that it can't get needed services for a child, it may look aggressive, but it is essential that you recognize they are advocating for their child. Always seek to understand and value what a family is telling you. With that mindset, together you can make a plan to address their concerns.

- Your role is to listen and share information as requested by the parent. Framing information shared from the perspective of what we have all learned about parenting from families, our own experiences, and research, and how it works, rather than as what is good parenting, helps maintain and reinforce that you are equal partners in the coaching process.
- The topic of child well-being and parenting includes understanding child development, heredity and environment, parent and child interaction; raising resilient children; and respecting cultural norms.

## POWERFUL QUESTIONS AND OTHER FAMILY-CENTERED INQUIRIES

- What are your hopes for your child? What would that look like?
- What does your child need to succeed?
- What do you want to be able to do for and with your child? Who is available to help you?
- What are your worries about your child? What keeps you up at night?
- What are your biggest worries as a parent?
- Are there areas in which you'd like support or help in raising your children?
- Do you have a network of other parents to lean on when you need advice on parenting?
- Are there areas of parenting that you are proud of? Areas you'd like to improve?

### **MORE SPECIFIC QUESTIONS FOR CHILD CARE NEEDS INCLUDE:**

- What are your child care needs? Include early child care and before/after-school care.
- What is the cost of child care? How it is paid for?
- What subsidies are available? Do you know where to access quality child care?
- What is the quality of the care you have? Does it meet the developmental needs of your child?
- What are the types of childcare options you have, and how do they support your goals for your child? What resources/information do you need to choose the highest quality possible, whether it's in formal care or with family members?
- What are your backup plans?
- Are there ways to enlist the support of your family or your circles of support?

**MORE SPECIFIC QUESTIONS FOR OLDER CHILDREN INCLUDE:**

- What is your relationship with your child?
- How do you resolve conflicts and disagreements? Are your discipline strategies working?
- What are the ways you connect with your child about their lives: their hopes and dreams?
- What are your worries about your child? What keeps you up at night?
- What about plans for them after school? As teenagers, what are they doing after school, and what can you do to help them with structure if you are at work?
- Have you discussed with your children how to have healthy relationships and positive friendships?
- Do your teen children have access to high-quality sex education and birth control options to prevent unwanted pregnancy and STD transmission?
- Have you discussed with your children sexual abuse protection and prevention?
- Are any of your children or family members dealing with mental health or wellness issues that may need to be addressed?

**INFORMATION FROM OTHER CONTENT AREAS CAN SUPPORT SUCCESS IN THIS ONE**

This topic ties closely with other topics such as health and well-being basic needs; family, friends, relationships; and financial. Looking at these areas provides insights into other interests, strengths, and potential challenges that can support or hinder a parent’s ability to make progress toward the child well-being and parenting goal.

OTHER CONTENT AREAS	QUESTIONS FOR THE COACH AND PARENT TO DISCUSS
HEALTH AND WELL-BEING	How is your body, mood, and behavior affected by stress?
	How does your physical health impact your mood and your relationships with your children, your job, and your family?
	What are some of the best ways to ensure health of body and mind?
	How are your children’s health? Are there health concerns?
	What are the social and emotional aspects of your children’s lives? Are they generally happy, content, sad, angry, or clingy?

OTHER CONTENT AREAS	QUESTIONS FOR THE COACH AND PARENT TO DISCUSS
BASIC NEEDS	Are basic food, housing, and clothing needs met for you and your children?
	Are the children's health needs met?
	Do you have safe, stable, quality care for your young children, for your older children?
	Are older children getting their basic needs met (school, food, housing, clothing)?
	Is there enough money or programming to cover activities for older children's development (sports/after-school clubs)?
FAMILY, FRIENDS, RELATIONSHIPS	Do you have connections to any communities of faith?
	Describe your strongest relationships (family or friend).
	How is your relationship with your older children?
	What strengths in your relationships do you appreciate? What parts might you want to change or enhance?
	Do your children have strong social networks/friends for their healthy development?
	Are there other avenues to explore for increasing your circles of support?
FINANCIAL	What do you need to earn to support your family?
	Is anyone else in the family working?
	What other income is coming into the family?
	What benefit options, if any, may be available?

*The resources identified below are recommended by the Advisory Committee and Topic Experts for the Family-Centered Coaching Toolkit.*

## FOR YOUR TOOLKIT: IDENTIFY RESOURCES IN YOUR COMMUNITY

-  Parents are the experts – ask them where they are telling their friends to go for local resources such as preschools, Head Start, pediatricians, public schools, child care, family resource centers, and parenting support.
-  Check with your local Head Start programs as they are required to develop a community resource guide for families (health, fuel, library, parenting support), including eligibility criteria and hours of operation.
-  Check with your local YMCA/YWCA, or Boys and Girls Clubs for activities and supports for older children.

### TOOLS/RESOURCES:

#### **Health Insurance**

*Information on accessing health insurance for your children which covers well visits, prevention, dental care, and immunizations, among other supports*

<https://www.healthcare.gov/medicaid-chip/childrens-health-insurance-program/>

#### **American Academy Of Pediatrics Health Children Website**

*Information on a range of topics across the ages and stages of children's lives from pre-natal to young adult. Information available in English and Spanish*

<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/default.aspx>

#### **National Center on Afterschool and Summer Enrichment**

<https://childcareta.acf.hhs.gov/centers/national-center-afterschool-and-summer-enrichment>

#### **Finding Quality Child Care:**

*Tips and linkages to local child care agencies*

<http://childcareaware.org/families/choosing-quality-child-care/5-steps-to-choosing-care/>

#### **VROOM**

*Vroom shows how to make parent-child engagement fit within the schedule of family routines and work.*

<http://www.joinvroom.org/tools-and-activities>

**Seven Tips for Practicing Positive Discipline**

[http://www.pbs.org/parents/talkingwithkids/positive\\_discipline\\_tips.html](http://www.pbs.org/parents/talkingwithkids/positive_discipline_tips.html)

**Use Positive Words**

<http://tinyurl.com/y92qsemq>

**Our Morning Routine Chart**

<http://www.withherownwings.com/our-morning-routine-chart/>

**GENERAL GUIDES/CURRICULA:****Video Series from Head Start – Parent, Family, and Community Engagement Simulation: Boosting School Readiness through Effective Family Engagement**

*This is a series of video simulations to help you explore and practice everyday strategies to develop Positive Goal-Oriented Relationships with a family. These relationships are key to our work with children and families, including the journey toward school readiness. Simulation 1, Engaging Families From the Start allows you to practice building bonds with families, beginning with an intake visit. Simulation 2, Goal-Setting with Families explores the process of developing and implementing goals with families. Simulation 3, Starting with Strengths in Challenging Times explores using strengths-based attitudes to partner with families during challenging times.*

[https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/pfcea\\_simulation](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/pfcea_simulation)

**Tips for Talking with Parents about Developmental Concerns**

[https://www.cdc.gov/ncbddd/actearly/pdf/parents\\_pdfs/tipstalkingparents.pdf](https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/tipstalkingparents.pdf)

**Video from Head Start – Engaging Fathers**

<https://eclkc.ohs.acf.hhs.gov/video/engaging-fathers>

**Fatherhood Programming Guide**

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/father-engage-programming.pdf>

**Engaging and Goal-Setting with Families**

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/engaging-and-goal-setting-with-families.pdf>