

EVERYDAY STRATEGIES FOR WORKING WITH FAMILIES

Based on promising practices from behavioral economics, trauma-informed care, and executive skills building, here are ten things coaches can do everyday to help reduce the impact of stress and trauma on families.

1. Provide a comfortable, safe, and private space to meet.
2. Ensure that the physical environment reflects and honors the diverse groups in the community.
3. Take time before every meeting to calm and center yourself.
4. Build on participants' strengths.
5. Divide action items into small manageable steps.
5. Develop short timelines to complete small steps so participants experience success early and consistently.
6. Provide choices for participants including when and where to meet, and how they would like to receive services or referrals.
7. Support participants to find ways to remind themselves of action steps or changes they want to make.
8. Make decisions together, especially when moving from one approach to another.
9. Make information clear, culturally relevant, and easy to read so that it is easy to act on.
10. Remember to stay positive and build on participants' strengths.