

Roadmaps for Reflection

Description

The *Roadmaps for Reflection* serve as a guide for early childhood practitioners by demonstrating an appropriate path for family support coaching conversations. Coaching is most successful when the family determines the priority to be discussed rather than addressing the practitioner's goals or desires for the family. The *Roadmaps for Reflection* address common topics when supporting families who are under-resourced. The front side of each *Roadmap for Reflection* is designed like a flowchart to show possible directions conversations might take, appropriate questions to prompt the family's reflection, and opportunities for providing additional information (i.e., informative feedback). The reverse side of each *Roadmap for Reflection* provides the practitioner with research-based information to use when providing informative feedback to the family. When families participate in repeat conversations using the *Roadmaps for Reflection*, they are more likely to learn the problem-solving process and strengthen their ability to meet future challenges.

Instructions

Practitioners should review the *Roadmaps for Reflection* that correspond to topics they encounter and become familiar with the pattern for reflection and feedback used in each *Roadmap*. The information in the *Roadmap* should be used as a guide or a reference skill during conversations. Practitioners may initially read from the *Roadmaps for Reflection* during an interaction, until the conversation becomes more natural for him/her.



Every *Roadmap for Reflection* begins with a question or issue that triggers the conversation. The triggers are located in the purple circle on the left side of the *Roadmap*. Start each conversation at the purple circle. *Roadmaps* end with a red circle prompting the practitioner to make a plan for follow-up with the family. End each conversation at the red circle.



The green boxes indicate reflective questions designed to prompt the family's increased awareness, analysis, alternatives, or action planning regarding the situation. Note the questions are open-ended to prompt thorough conversation rather than closed-ended questions (i.e., yes or no). The reflection practitioners prompt directly affects the family's ability to independently solve challenges in the future.



The yellow boxes indicate an opportunity to provide informative feedback to the family to ensure understanding of the factors involved in the decision and opportunity to make informed decisions throughout the conversation.



Conversations may take many twists and turns; practitioners should expect they may need to ask additional prompts or provide other feedback throughout the conversation. If it is necessary to veer off the *Roadmap* to address an individualized concern, once the concern is addressed, return to the *Roadmap* and work to develop a joint plan. The red circle signifies an appropriate ending point to the conversation. Use the *Guide to the Follow-up Conversation* to revisit each previous plan.