

### **\*Guidance for Conducting Brainstorming**

The purpose of coaching is to build the individual's capacity to solve problems (identify, evaluate, and implement effective solutions). Brainstorming should be implemented in a manner that prompts the individual being coached to take the lead role in identifying potential solutions/ideas. The potential solutions should include a mix of informal and formal resources and supports. Informal supports include family, friends, neighbors, acquaintances, etc. with whom families often "trade favors." Informal supports are often flexible and renewable, meaning the family can continue to access it and the family contributes in some valuable way the relationship. Formal supports include organizations, agencies, and businesses whose resources are reliable, but sometimes costly or nonrenewable. The following prompts can be used to ensure the practitioner provides ample opportunities for the active participation of the individual being coached.

- What else have you done/thought about?
- What other options can you think of? What are the advantages and disadvantages of each?
- Would it be helpful if I offer what I know?

After these (or similar) prompts it is appropriate for the coach to offer up some additional ideas. After the ideas are on the table, the coach reinforces the leadership role of the individual by asking him/her what he/she thinks about the ideas.

The focus should be to help the family build and maintain a network of resources.

### **\*\*Informative Feedback to Assist with Finding a High Quality Childcare**

Deciding what you're looking for in a childcare program can be a personal decision. Not everyone defines "high quality" the same way and the most appropriate environment for one child may not be the most appropriate environment for another. Many parents look for a comfortable balance of the following:

- Small group sizes
- Small child/teacher ratios
- Staff who smile a lot and use positive language
- Trained staff with early childhood degrees
- Clear policies and procedures
- Opportunities for parent involvement
- Opportunities for play throughout the day
- A violation-free license
- Close proximity to your community
- Safe and welcoming environment
- Regular parent communication
- Regular child assessments
- A nutrition program
- Regular parent communication

Many states make information about licensed childcare center available online (for example in North Carolina at the Division of Child Development and Early Education). Additional resources to help parents think about what they value in a childcare program are available from a variety of sources, including checklists parents can bring with them as they tour a potential facility. Learn more about choosing high quality childcare at these sites:

Childcare Aware ([www.ccapub.childcareaware.org](http://www.ccapub.childcareaware.org))

National Association for the Education of Young Children ([www.NAEYC.org](http://www.NAEYC.org))

NC Division of Child Development and Early Education ([www.ncchildcare.dhhs.state.nc.us/parents/pr\\_sn2\\_checklist.asp](http://www.ncchildcare.dhhs.state.nc.us/parents/pr_sn2_checklist.asp))

Better Beginnings ([www.arbetterbeginnings.com/downloads/ChildCareChecklist.pdf](http://www.arbetterbeginnings.com/downloads/ChildCareChecklist.pdf))

### **\*\*Informative Feedback to Assist with Obtaining Financial Aid for Childcare**

#### **Child care subsidy**

Many states offer childcare subsidies to families who meet specific guidelines to increase access to high quality childcare. The amount the state pays for childcare depends on the family's situational criteria, the family's income, and the cost of the child care provided.

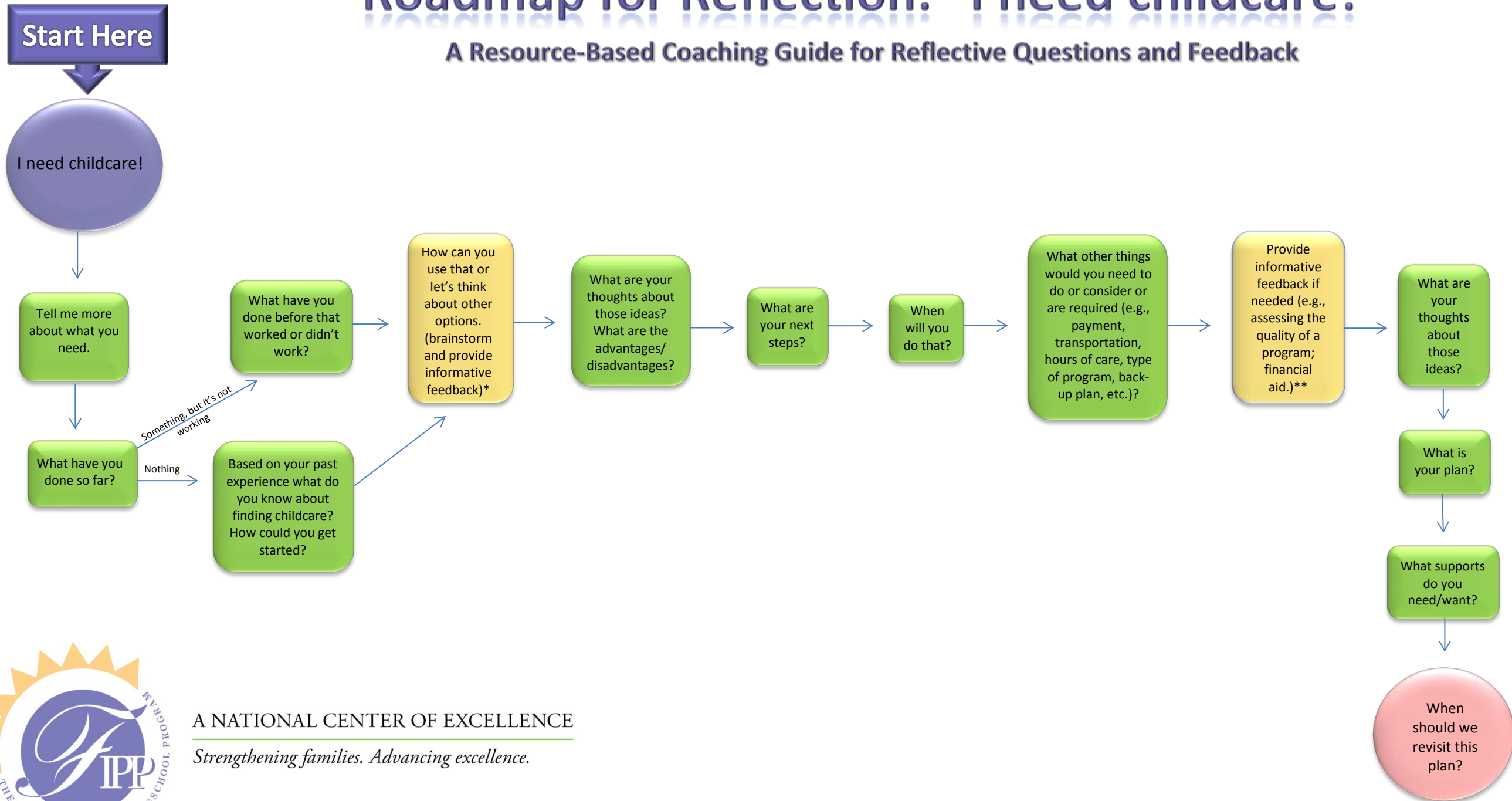
#### **Tax Credit**

Families could qualify for up to \$2,100 from the federal Child and Dependent Care Tax Credit and up to \$780 from the North Carolina Tax Credit for Child and Dependent Care Expenses, up to \$5,891 from the federal Earned Income Tax Credit and up to \$295 from the North Carolina Earned Income Tax Credit, and up to \$1,000 per child from the federal Child Tax Credit and up to \$100 per child from the North Carolina Tax Credit for Children whether you owe any income tax or not. Families must file a tax return to be eligible.

Internal Revenue Service ([www.irs.treasury.gov](http://www.irs.treasury.gov))

# Roadmap for Reflection: "I need childcare!"

A Resource-Based Coaching Guide for Reflective Questions and Feedback



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