

***Guidance for Conducting Brainstorming**

The purpose of coaching is to build the individual's capacity to solve problems (i.e., 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 have ongoing access to the supports and the family contributes in some valuable way to 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 for Obtaining Food Resources

Families and communities have many resources for obtaining food for families with young children and women who are pregnant. The resources available within a community vary widely, but can include the following short- and long-term resources:

Short-Term/Expendable Resources

- Women, Infants, and Children (WIC)
- Crisis Assistance through Departments of Social Services
- Churches
- Local food pantries
- Homeless Shelters

Long-Term/Renewable Resources

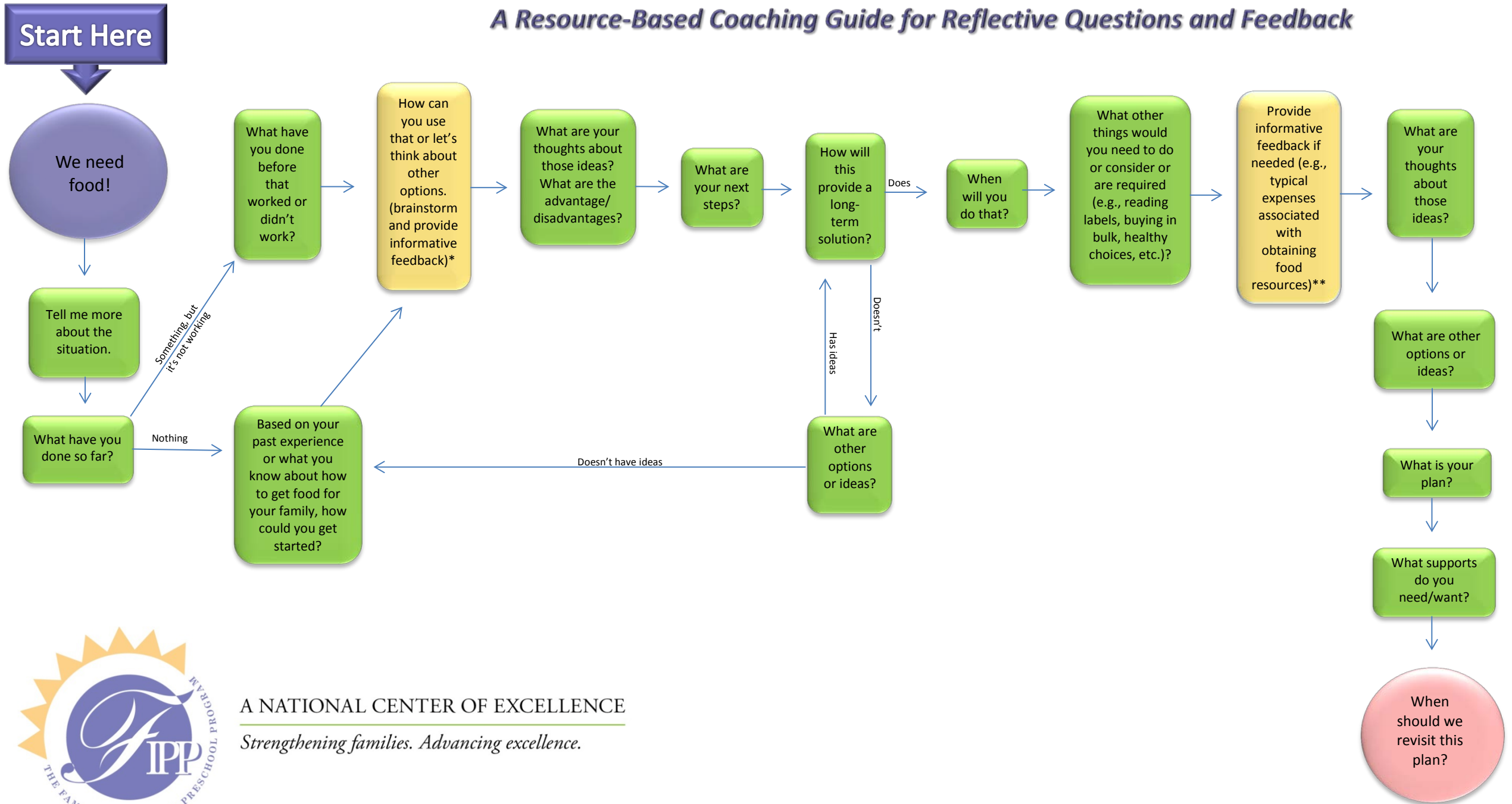
- Family
- Friends
- Neighbors
- Community gardening
- Private gardening
- Budget planning
- Couponing
- Shopping sales
- Comparing prices
- Making decisions about necessity items vs. luxury items

A Special Note to Family Support Workers

Learn your agency's policy for reporting child abuse and neglect to be certain that you are meeting your legal obligation to provide families with mandated support to ensure the health and safety of their children.

Roadmap for Reflection: "We need food!"

A Resource-Based Coaching Guide for Reflective Questions and Feedback



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