

*Family members worry. They don't want to "mess up" when working on a new technique with their child. It may feel easier to let the professional do it.*

Rather than reinforcing that fear by doing everything for the caregiver, FGRBI focuses on supporting the family to feel confident and empowered. Providers find things the family is doing well already and point those out. And coach them on how to add new techniques with hands-on practice so that they feel confident about helping their child learn and develop.

*"Mom guilt" is real. If families think that the only way to help their child is to sit on the floor with them for an hour doing special activities, they may not follow-through (and will likely feel bad about it).*

FGRBI focuses on showing families how to fit things into what they are already doing. A working mom may not have time to play for an hour, but she may be there for dinner, bath and bedtime. What techniques can be incorporated into those existing activities?

*Families may not be sure about FGRBI, but they are more likely to give you the benefit of the doubt if you have spent time getting to know them.*

What are small ways you can build positive, caring relationships with families so that when you introduce a change in your practice, your families will trust you? Remember names of family members, make a point of asking about something the family had told you about during the last session. Share a few personal details to find common ground.

Family members identified some advantages of being more actively involved:

- Can be more efficient if the child is shy or anxious
- Can be an opportunity for one-on-one time or bonding
- Family will learn more when given opportunities to practice
- Makes it easy to go back and forth between virtual visits and home visits