

In-Training Self-Assessment

Coachee Name: _____ Date: _____

Instructions: These are effective practices for home visits designed to engage families in First Steps. Read each statement and use the 1 to 5 scales to show how often you are using each practice now, and how often you would like to use it. Then write the difference between current use and desired use of the practice in the 4th column. The last column is for you to write concerns, thoughts and examples that come to mind during the trainings.

*For detailed explanations of the Home Visiting Practices listed here, refer to your **Home Visiting Practice Descriptions** worksheet.*

Day 1

Home Visiting Practices Day 1	I am doing this now...					I want to do this...					Difference between column 1 & 2	Comments Examples Thoughts
	Not at all	All the time				Not at all	All the time					
Checking-In												
I check in with the family/caregiver to find out how their week is going to get a feel for whether or not family priorities have shifted since last visit?	1	2	3	4	5	1	2	3	4	5		
I remind the caregiver of the action plan from the previous session and see how the action plan went for their family?	1	2	3	4	5	1	2	3	4	5		
I use open-ended questions to assess the multiple perspectives of family members/caregivers?	1	2	3	4	5	1	2	3	4	5		
I use follow-up questions to assess the multiple perspectives of family members/caregivers?	1	2	3	4	5	1	2	3	4	5		
Feedback												
I provide supportive feedback to caregiver based on caregiver-child interactions?	1	2	3	4	5	1	2	3	4	5		
I provide informational feedback to caregivers based on questions or caregiver-child interactions?	1	2	3	4	5	1	2	3	4	5		
PAUSE Framework												
I adjust the session activities and conversation based on family/caregiver response (i.e. family seeming disengaged)?	1	2	3	4	5	1	2	3	4	5		

Day 2

Home Visiting Practices Day 2	I am doing this now... Not at all All the time	I want to do this... Not at all All the time	Difference between current and desired	Comments Examples Thoughts
Modeling				
I model or demonstrate an idea or strategy that Home Visitor and caregiver have developed together, so that caregiver can see it in action?	1 2 3 4 5	1 2 3 4 5		
Co-Creating Action Plans				
I check in with the family at the end of the session to see if the session went well for the family, or if there are adjustments that can be made?	1 2 3 4 5	1 2 3 4 5		
I work with family to co-create an action plan for the next session, including activities to do during the time until then?	1 2 3 4 5	1 2 3 4 5		
Setting Expectations				
I effectively set the stage for families regarding involvement in First Steps, including descriptions of provider roles, service coordinator roles, and family roles?	1 2 3 4 5	1 2 3 4 5		