



What Makes a Good Home Visit
Lisa McKenzie & Andrea Pike-Goff
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Objectives

- *Explore ways to intentionally build protective factors into family interactions
- *Recognize developmentally appropriate curriculum
- *Identify home visit safety guidelines

Family Thrive Guiding Premises

Premise #3

People are best supported by providers who understand that **attachments, connections and relationships** are a primary source of growth and learning. It is in relationships and through our use of relationships that we learn and grow.

Relationships

Premise #4

People are best supported by providers who understand the role **race, racism, bias** and the ways in which race, other identities as well as **privilege and power** shape families and service providers.

Race,
Privilege
& Power

Premise #2

People are best supported by service providers who focus on assets and use **strength-based, family and youth-driven** approaches. Being strength-based means we recognize the things that are going “well” and work to build on them.

Strength
Based

Premise #5

People are best supported by service providers who understand the need to use **trauma-informed** practice methods. Trauma response focuses on building resiliency.

Trauma
Informed

Premise #1

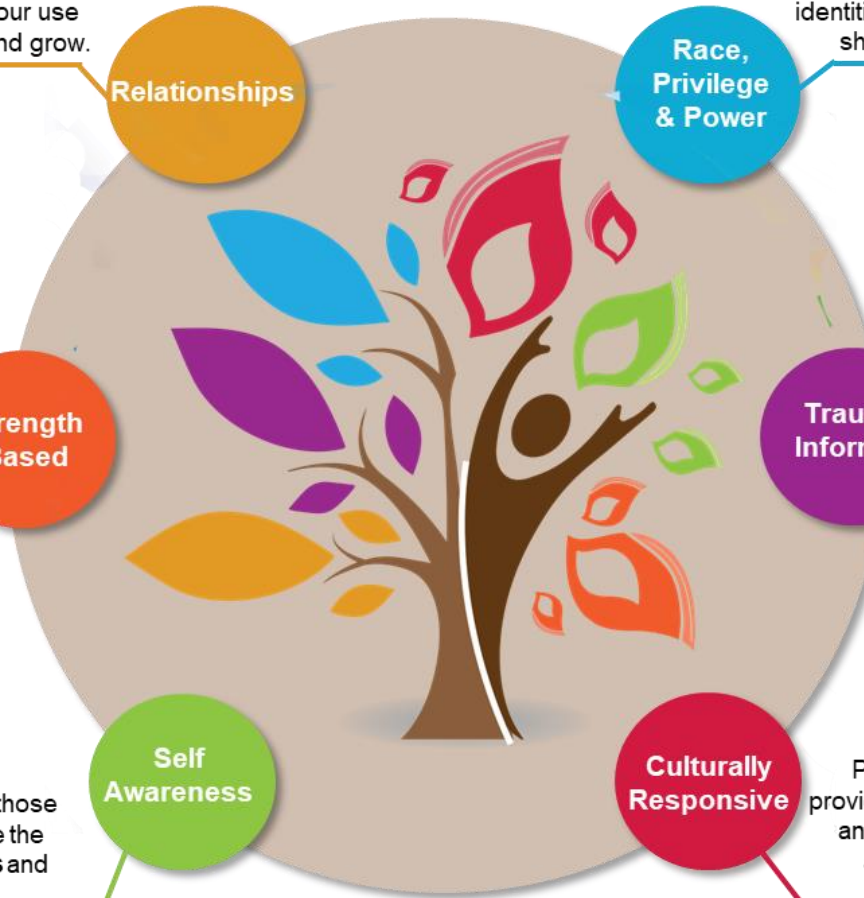
People are best supported by those who understand and recognize the importance of **self-awareness** and **self-care** in their own practice.

Self
Awareness

Culturally
Responsive

Premise #6

People are best supported by service providers who are **culturally responsive** and take into account their own culture and the **culture of the families and communities they serve.**



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Family Thrive Guiding Premises

When we look at children, youth and families through a negative, deficit-focused lens, we tend to...



- * See Problems
- * Make negative judgements
- * See Fault
- * Expect negative outcomes



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Family Thrive Guiding Premises

But when we change our lens,
replacing the deficit-focused
lens with a strength-based lens,
we see...



- *Solutions
- *Inherent strengths
- *What's already working
- *Opportunities

Strengths Based Intake

Family Strengths - Qualities of strong families

Ability to compromise	Acceptance & appreciation of each other
Accountability for house/family rules	Advocates for children/family
Adults share decision making	Assertive at getting family needs met
Avoid the blame game	
Caring for each other	Commitment to each other
Effective use of Community Resources	
Employment	Enjoyable time together
Family members look out for each other	
Good at planning	Good family spirit
Handle adversity in productive manner	Healthy Mental Health
Knowledge of community resources for child/family needs	Manages family resources
Playfulness/Humor	Provide security
Positive & open communications	Positive Social Connections (Support network)



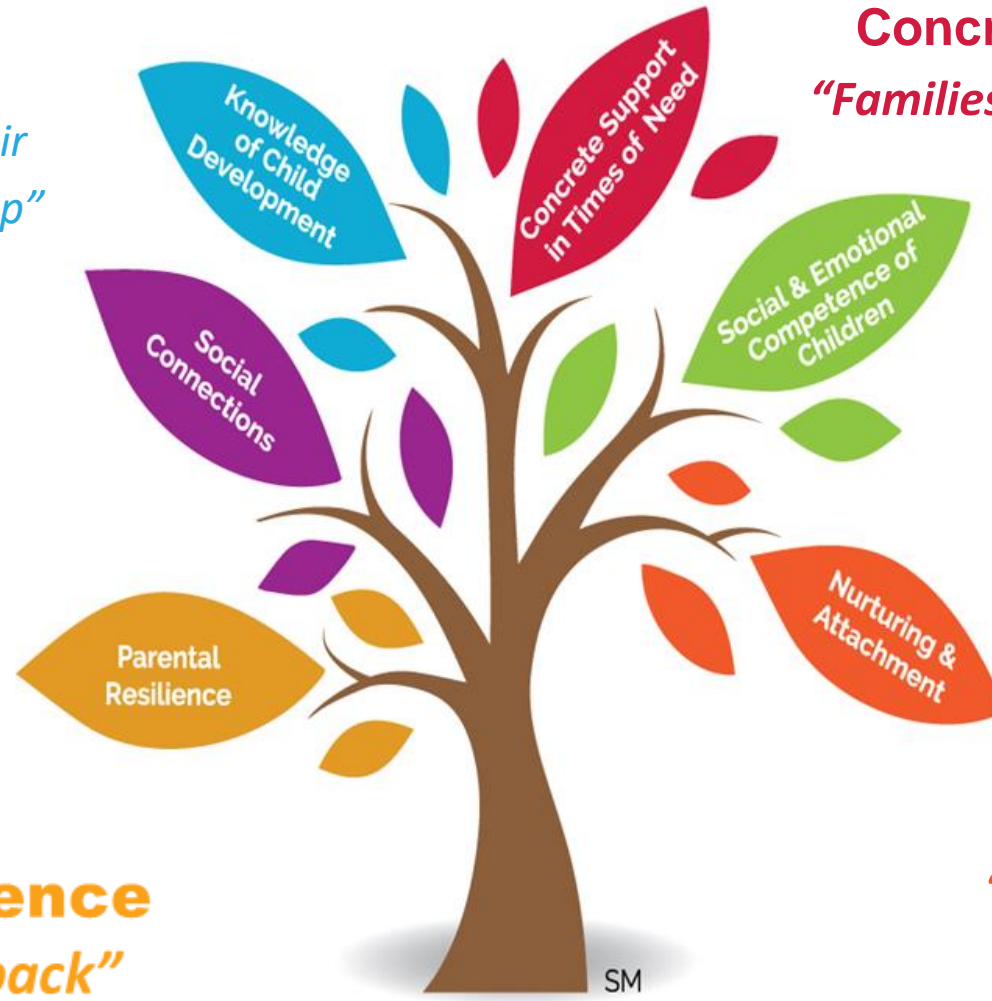
Protective Factors

Knowledge of Child Development

"Families learn how their children grow and develop"

Social Connections
"Families have friends they can count on"

Parental Resilience
"Families bounce back"



Concrete Support in Times of Need
"Families get assistance to meet basic needs"

Social & Emotional Competence of Children
"Families teach children how to have healthy relationships"

Nurturing & Attachment
"Families ensure children feel loved and safe"

Protective Factors

When these 6 PFs are present, regardless of the number of risk factors present in the home, the likelihood of child maltreatment greatly reduces and in exchange the rate of **school readiness, children reaching optimal development and the strength of the family** unit increases.



Developmentally Appropriate Curriculum

Curriculum should be appropriate to your audience

***reading level, inclusive, care-giver appropriate**

Curriculum should be fun and engaging for children and parents

***Growing Great Kids**

***BornLearning**

***Parents As Teachers -Parents are a child's first teacher**

***Ages & Stages based tools**

Visitor should plan on having materials to leave with parents

Visitor should be organized but flexible



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Home Visit Safety

Pre-visit:

- Take a friend
- Ensure program staff is aware of home location and time of return
- Have ID with photo
- Dress comfortably, to be able to move and so as not to stand out
- Be sure transportation is reliable



Home Visit Safety

Arrival: If you don't feel safe, don't go in!

*Pay attention to environment.

§ Dead end road

§ Cars

*Park for an easy exit

§ Dogs

§ Type of structure and perimeter structures *Bring your phone

§ Visible exits on residence

§ People/neighbors visible

*Do not get distracted by gathering items— be prepared

*Check surroundings before exiting vehicle

*Stay aware as you approach the residence



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Home Visit Safety

During the visit:

- Clearly identify yourself and state your reason for visit
- Leave yourself an out
- Position yourself between client and the door
- Bring a play mat if you'll be on the floor
- You are not an investigator
- Stay aware



Home Visit Safety

Post-visit:

- Arrange next visit.
- Stay aware on return to vehicle— keys ready
- Leave quickly when visit is over, don't sit in driveway
- Stay aware
- Debrief as appropriate, ensure that you complete any tasks that resulted from the visit



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Contact Information

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