

Family Capacity-Building Checklist

This checklist includes practices for engaging parents and other caregivers in using family capacity-building practices to strengthen parenting confidence and competence.

The family capacity-building practices are used by a practitioner to promote a parent's understanding and use of everyday activities and routines as sources of child learning opportunities.

The checklist can be used to plan capacity-building sessions or to do a self-evaluation to determine if practitioner family capacity-building practices actively involved parents in providing their children everyday learning opportunities.

Did you do each of the following as part of planning and working with a parent? YES NO

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INTRODUCING & ILLUSTRATING A PRACTICE TO A PARENT	Describe the key characteristics of the practice		
	Explain the benefits of using the practice		
	Show videos of parents using the practice with their child		
	Demonstrate the use of the practice while describing the key characteristics and child benefits		
	Use photos of parents and children engaged in using the practice		
ENGAGING A PARENT IN USING A PRACTICE & PROVIDING SUPPORTIVE FEEDBACK	Have both yourself and the parent use the practice together		
	Interact with both the parent and child while the parent is using the practice		
	Use parent identified everyday activities as the context for using the practice		
	Use activities that include repetitive elements to encourage sustained parent engagement		
	Ensure there are multiple opportunities within any activity for the parent to use the practice		
	Respond to the parent's questions or comments about the practice		
	Make positive nonjudgmental comments on specific aspects of the parent's use of the practice		
	Jointly review with the parent the use of the practice characteristics and the benefits to the child		
	Point out what the parent was able to successfully do during the activity		
	Emphasize the child benefits of the practice		
REVIEWING PARENT USE OF A PRACTICE & IDENTIFYING NEXT STEPS	Engage the parent in a description (self-assessment) of his or her ability to use the practice		
	Engage the parent in a description of the child benefits associated with different practice characteristics		
	Interject positive comments/statements into the parent's descriptions to reinforce his or her confidence and competence		
	Jointly identify which everyday activities will be the context for using the practice		