



Families Make the Difference

Home Coaching Visit Guide

This document provides guidance for parenting facilitators conducting home coaching visits with families as part of the Families Make the Difference program. Providing live coaching and feedback to parents is one of most effective ways to help parents apply the parenting skill they learned, especially when this method is combined with group parenting.



Introduction

Home coaching visits are meant to help parents implement the skills they learn in the group parenting program. Facilitators provide parents with encouragement and praise as they progress and help them to solve any issues they are experiencing.

Structure

Parenting facilitators are encouraged to conduct home coaching visits alongside group training. Visits should begin after the third week of the program to allow parents the opportunity to practice their new skills. Every participating family will receive at least two home visits from one of the parenting facilitators over the course of the 10-week program. Home coaching visits usually last 60 to 90 minutes.

Guidelines and Tips for Successful Home Coaching Visits

1. At the end of Session 3 in the group program, home coaching can begin. Parenting facilitators should arrange to visit all participants in their homes to provide extra support in implementing their new parenting skills.
2. Schedule home visits with families in advance and at convenient times. Make sure children will be home.
3. At the beginning of home visits, ask parents if they have specific topics they would like to discuss and address these first.
4. Ask parents to demonstrate their new skills by performing an activity of their choice with their child or children. Please bring a toy (appropriate for children age 0-5, the target group of the parenting program) in case the parent does not have any available. You can also plan to help them create a toy or use a common household item as a toy.
5. When they finish playing or interacting with the child or children, praise parents for their efforts to use positive parenting skills, and gently offer suggestions that might improve their interactions. For example, you could say: "I really noticed how your baby looks at you when you look at her and that makes her feel special. We help children feel happy by smiling at them. Are there times when you notice your baby smiling?" Then ask parents to see if they can make their baby smile.
6. After you have finished coaching parents in their positive interactions and addressing their questions or concerns, please ask them following questions and fill out the home visit activity form below.
7. Once completed, thank the parents for allowing you to visit their home.
8. Make sure to file the home coaching visit forms for follow-up and data collection and analysis.

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Home Coaching Visit Form

Name of the parenting facilitator conducting the home coaching visit: _____

Name of the community where the visit is taking place: _____

Family Name: _____ Date: _____

Family members present during the home coaching visit: _____

Consent obtained from parent(s) to complete the home visit? Yes _____ No _____

Questions for parents:

1. How often are you able to spend positive time with your child or children? What kinds of activities are you doing with them?

2. When your children behave well, do you praise them and offer words of encouragement? What are some words of praise you use?

3. What other positive parenting techniques, which we have talked about in our sessions, are you using? How do you use them? How often?

Please fill out the following table by circling yes or no for each activity listed:

1	Did you greet the parents and ask how they are doing?	Yes	No
2	Did you ask parents about their most recent home assignment and if they were able to implement new parenting skills with the child? For example, if you are visiting them after Session 4, you will want to ask them if they practiced empathy with their child and how it went.	Yes	No
3	Did you document and comment to the parents about the positive skills you witnessed during the visit, and did you help them identify other ways of positively interacting with their child?	Yes	No
5	Did you ask the parents if there was anything specific they wanted to discuss during the home visit?	Yes	No
6	Did you demonstrate active listening (e.g., make eye contact) when parents and children were speaking?	Yes	No
7	Did you praise parents for their efforts to use positive parenting skills?	Yes	No
8	Did you thank the parents for allowing you to visit their home?	Yes	No

Please document anything that you added or did differently in order to make the home visit better for these parents.

Thank the parents for allowing you to visit their home!

NOTE: Please file all home coaching visit forms for follow-up and data collection and analysis.