Supporting Parental Mastery:
Finding Buried Treasure

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2014 BTPA Annual Conference
A dirty old canister
Who are the families we serve

• Soil that sometimes buries our families treasures
  – Teen Parent
  – Isolated
  – Broken school system
  – Immigrants
  – At-risk community
  – Substance abuse
Do these settings reflect your families?
Or do these?
So….

• How do we tap into a families strengths?
• How do we strengthen the Parent-child relationship?
• How do we build confidence?
• How do we support parental mastery?
Communication strategy

• Motivational Interviewing
  – Definition – Communication tool to engage families
  – History
    • Carl Rogers
    • Rollnick and Miller (1980’s)
  – Application
    • Originally used with substance abuse patients
    • Modified for use in health care field and to promote family engagement.

Goal- Increase motivation by exploring and resolving ambivalence. (Miller & Rollnick 2009)
OARS

- O-Open ended questions
  “Tell me about your plan” versus “How often do you read to your child
- R- Reflections- Repeat, rephrase, paraphrase
- S – Summarize
Panning for Gold

• Change Talk – focus on the “nuggets” of the conversation.
  – Desire to change – I want
  – Ability to change – I can
  – Reasons for change – overcome speech issues
  – Need for change - I need to....
  – Commitment – I will
  – Taking steps - I did
Example of Change talk

• I want to read to Johnny but I just don’t have the time. I work full time and when I get home, make dinner and clean the house I just don’t have the energy to pick up a book. I know it’s important for speech development but eventually he’ll start talking more. I wish I could read to him before bed, It might create a nice routine to his day but I’m just so tired. If my husband helped with a few things maybe I could find the time but he’s so busy. I guess if I could get 5 to 10 minutes of reading in it would be better than nothing.
How do we respond

• Elaboration questions – Ask yourself, what am I hearing that I’d like to know more about in order to understand perspective
• Affirmation – comment on their strengths
• Reflection – Reflect back their concerns
• Summarize – describe the ambiance
Other techniques that encourage change talk

• Change ruler – rate the change

• Decisional balance – What are the benefits of the change. Weighing the pros and cons.
Building Community Collaborations

Family
• Determine perspective in order to influence change.
• Build relationships to understand self-interests and goals.
• Accept family’s position even if you don’t agree
• Support autonomy

Community
• Determine the values (perspective) of a company.
• Build a relationship with organizations to understand their organizations value.
• Accept organizations mission even if you don’t agree.
• Not everyone will be interested
Example of Collaboration

• How partnership was created
  – The problem
    • How can we establish best practice
    • Small program=limited time and resources
    • How can we incorporate the IELG’s
    • Very little father participation
Launching text to talk program

• The goal of text to talk was to involve fathers/male figures in the lives of birth to three children by developing their repertoire of “learning activities” and engagement with their young children.

• Challenges:  Triumphs:
  – Technical issues  Improved relationships
  – Dropped Service  Quality activities
  – Family dropped
Text to Talk – Design

10 Families/8 weeks

• Preprogram Implementation - Parent Interview
  – Qualitative data gathered
  – Number of games/activities

• Frequency of messaging

• Content of messages
  – Social Emotional
  – Gross and Fine motor
  – Literacy/language
Outcomes after 8 weeks

• Number of activities
Outcomes for Text to Talk

Quantitative Changes
• 62% added reading as an activity in second interview
• 50% reported an additional academic activity (besides reading), i.e. counting, vocabulary, pronunciation.

Qualitative Changes
• Improved understanding of family dynamic
• All parents want their child to be educated
• Increased communication between father and school
Lessons Learned

• Partnerships/collaborations improve outcomes
• When parents know better they do better
• Change the way we look at parent communication
• Better understanding of family dynamic
• Increased communication between caregivers
Finding buried treasure through collaboration

• “I understand how play is tied to learning.”
• “I didn’t know I could read to my child at their age.”
• “I liked receiving texts about how I can help my child at home.”
• “I enjoyed the activities that were suggested to me.”
• I will continue to use these strategies with my children.
Where do you see MASTERY in this family?
It takes COURAGE, BRAINS and HEART
Once upon a time, you wanted to change the world.

YOU STILL CAN.