

Family Development Associate (FDA) Credential Portfolio Learning Reflection Form

Name: *Hannah Q. Helper*

Indicator: *2d*

Learning Context (setting): *Home Visit*

A **description** of how I demonstrated skills related to the indicator and my **reflection** on this experience:
(Please include what you learned, did well, and what you may do differently as a result of the experience.)

While on a home visit with a single mother and her preschool child, I asked about any family concerns she would like to share. At first she said everything was fine, but later went on to say she was upset that her newborn daughter was always crying, was not easy to console, and was having difficulty breastfeeding. At that point, mom began to cry. When I asked her to tell me more, she said she thinks her daughter doesn't like her and that she must be a bad mother.

In consoling mom, I pointed out how positive it is that she was concerned about her daughter's wellbeing. Also, that she should be applauded for being able to express her own concerns while sharing her feelings with me. She went on to talk about how difficult it was to be a single parent as well as being solely responsible for her two young children. I encouraged her by sharing that even though she feels isolated and alone, a lot of parents experience these same feelings.

For the remainder of the visit we continued the discussion about her daughter and talked about the possibility of well baby checks to ensure the crying was not related to a potential health concern. I also invited her to our next Parent Meeting so she could network with other parents who may be experiencing similar issues. At the conclusion of the visit, mom thanked me for listening and said she felt much better by just being able to talk about her situation. She was excited about the Parent Meeting and began making plans for her daughter's medical check-up.

Utilize additional "Continuation Sheet" as necessary.

Skill(s) that were:

- Practiced
 Taught

- Facilitated
 Promoted

- Utilized
 Demonstrated

I was able to utilize a strength-based approach to remind mom of the things she was doing well. This allowed me to reinforce our rapport and facilitate continued trust in our relationship. I utilized my active listening skills and was able to echo our discussion through reflective communication. At the end of my home visit, I shared some resources with mom that may be helpful to her and her daughter. If she is able to follow through in accessing and participating in these services, she could experience feelings of increased self-sufficiency and confidence.