

Capacity Building

Questions and statements that help us build capacity with caregiver(s):

Joint Observation:

- What are you noticing? What's he/she doing?

Highlighting What Caregiver is Already Doing:

- He/she really responded when you _____
- That really seemed to help him/her calm down.

Gentle Coaching:

- I wonder what would happen if _____?
- How would it be if we tried _____?

Attuned Developmental Guidance:

- Would it be helpful to hear more information about _____?
- I know you've been worried about. Children at this age can typically experience _____ (*provide specific information*). Does that make sense to you?
- We have both been seeing _____ happening during visits.

Could we talk some more about that?

Caregiver's Hunch or Guess:

- What's your hunch or guess about what's happening here?

Invitation to Try Something New:

- Would you like to try this together?

Capacity Building Moments:

- Acknowledge: "This is what you were telling me about."
- Affirm: "Please feel free to do whatever you need to do for your child."
- Support: "I'll be right here to support you."

