

Home Visitor Self Reflection Tool

1. How did I check in with myself/ ground myself before the session?

“How am I in myself? Am I holding on to anything from the day before I step into this home/session? What tools can I use to ensure I am fully present for this family?”

2. What practice principals came into play in this session and how were they received?

Reminder of PP are on the back page.

3. What opportunities were provided for the family to reflect in the session?

Questions like “And how did that feel for you? How might that have felt for them?”

4. What opportunities were there in the session to get curious with the family?

Questions like “Why do you think that happened? What led up to this? What has changed?”

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5. What are some of the things you noticed that suggested the session was going well?
Was the family engaged? How was the pace? How was the information received?

6. What techniques/ approaches did you, as the Home Visitor, use to build on from the last session?

“The last session you mention.... How have things gone since our last session when...”

7. What techniques/ approaches did you use to support and encourage the parent/carer & child interaction/relationship?

What did you see through your eyes? ie. “Do you see the way your baby was looking back at you?”

8. How did you use FAN to support and encourage your interactions/ relationship with parent/Carer? (Optional for FAN trained)

Were there any moments of mis-attunement? If so, how did you move back into attunement? How did FAN support this?

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9. Was there anything, on reflection, you wished had been included in the session?

A pause, a tipsheet, a Goals & Aspirations opportunity?

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10. What bit of the session did you feel went the best?

The delivery of the tipsheet, the strengthening of your relationship, the execution of a practice principal?

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11. What have you learned or seen differently from reflecting on this Home Visit that you did not know before?

Something about your practice, either in the past or going forward?

12. How has this observation and conversation helped your thinking?

Have you a different view on anything?

13. As you reflect on the session, what are you proud of, and what learning goals would you like to accomplish as a home visitor going forward?

What are you happy with? What would you like to improve on, or approach differently?

[illegible]

