

3.7 Creating Partnerships: Offering Support and Encouragement

Question to consider:

How does encouraging or reassuring a parent affect their hopefulness and resilience, and in turn, their child's development?

Why is offering support and encouragement important?

Parenting can be very overwhelming, and parents often feel hopeless, unsure, and isolated. A kind word or a bit of reassurance can help parents feel more confident and stay on course. Be being encouraging, parents will feel good about the small things they do, and this empowers them to want to do better.

BY OFFERING SUPPORT AND ENCOURAGEMENT TO PARENTS, YOU BUILD THEIR RESILIENCE, REINFORCE THEIR STRENGTHS, AND FOSTER A SENSE OF ACCOMPLISHMENT.

Provide support and encouragement in the following ways:

Steps:

1. Reflect on what you see.
2. Point out parents' strengths or their willingness to keep trying.
3. Provide reassurance that parenting often involves trial and error.
4. Appreciate consistent behavior.
5. Share ideas.

The Outcome:

1. Parents feel hopeful, empowered, and confident.
2. The parent's attitude and resilience are reflected in the child.
3. Parents see that you are willing to be open with them.
4. Parents see you as someone they can rely on in times of need.
5. You can identify needs and connect the parent to available resources.
6. You will be a good connection to help parents find the support they need.

Putting it to practice

Identify a parent that seems overwhelmed and discuss their worries. Collaborate to identify some new solutions or ideas. Did you notice any barriers in having this conversation?
