



Ask Before You Tell & Watch Before You Show

Family-centered practice presumes the competence of the caregiver. By aligning with a family's strengths and respecting their knowledge, practitioners build trust, foster confidence, and support active caregiver participation. To put these principles into practice, practitioners should:



Ask Before You Tell



Ask open-ended questions...

- Give caregiver the chance to tell what they know.

Actively listen to what the caregiver says...

- Ensure the information you provide matches what the caregiver needs.

Ask permission before giving information...

- Focus on adding to the caregiver's knowledge.

Be clear and to the point...

- Match the explanation to the caregiver's level of understanding.

Check for understanding...

- Confirm the caregiver knows how to use the information.



Watch Before You Show



Observe the caregiver and child...

- Assess what the caregiver already knows to do.

Ask permission...

- Show respect for the caregiver's position of authority.

Intentional modeling...

- Give caregiver something to notice, while practitioner demonstrates.

Prompt reflection...

- Confirm that the strategy matches caregiver's values and culture and they understand how to use it.

Invite caregiver to try activity...

- Keep the caregiver in an active role, discuss and adjust as needed.



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