



# 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.