



CAPACITY-BUILDING FAMILY SUPPORT PRACTICES



Helping families with their family support goals is more than providing resource lists and advice. Family support staff can help families use their strengths and take an active role in building their capacity to meet their current and future priorities. Use the questions below to help families retain their own agency in the capacity-building process.

STEP 1

IDENTIFY FAMILY PRIORITIES

- What are your priorities?
- What is most important to you?
- How would you prioritize the topics you want support with?

IDENTIFY FORMAL AND INFORMAL RESOURCES

STEP 2

- What have you done in the past to meet this need?
- Who do you know that can provide help?
- What strategies are you using to identify resources in your community?



STEP 3

ANALYZE AND SELECT RESOURCES

- Which of the resources you identified would work best for your family?
- Which ideas best match your priorities and values?
- How will you decide which idea to try first?



MOBILIZE RESOURCES

STEP 4

- How do you want to get started?
- What are your next steps?
- What help will you need along the way?
- When do you want to connect back with me?



EVALUATE RESOURCES

STEP 5

- How well did that work for you?
- What did you do to make that resource work for you and your family?
- When would you want to use that idea again?
- What could you do to make that idea work better?



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

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