



# Effective Early Intervention

## Educators Self-Reflect

Reflective educators are effective educators. Educators who build a daily habit of reflecting on their own successes and setbacks and making continuous improvement plans have better professional outcomes with children and families. Here are some habits that can help you become a reflective practitioner.

1. Plan before each visit, “What do I plan to teach this caregiver during this session and how will I do it?”
2. Reflect after each visit, “How did this visit increase this caregiver’s knowledge and skills?”
3. Ask the families you support, “What have I been doing that you find most helpful?” then reflect on what you need to keep doing.
4. Think after you read, “How will I incorporate these concepts into my daily practice?”
5. Observe your colleagues and ask, “How did you decide what level of help the caregiver needed during the visit?” and consider how that matches your practice.
6. At the end of the week think, “What do I need to learn to feel more confident or be more competent with my practice?”
7. Periodically, reflect, “How am I contributing to the advancement of the field of early childhood special education?”