



Family-Centered Intervention Series

Promoting Parent Capacity-Building

When family-centered practices are implemented correctly, they can result in capacity-building outcomes for families. To improve your capacity-building outcomes, try using these family-centered strategies.

- Acknowledge parents' deep knowledge of their child's needs, strengths, and routines.
- Reinforce that parents' observations and input are essential in shaping effective intervention plans.
- Validate parents' role as active and capable partners in the intervention process.
- Emphasize that consistent practice in natural settings helps promote their child's development.
- Offer modeling, coaching, and feedback in ways that are collaborative and respectful.
- Encourage problem-solving and highlight the parent's role in achieving positive outcomes.
- Teach strategies that can be integrated into daily activities like mealtime, play, or bath time.
- Provide tools and guidance that strengthen the family's ability to make informed choices.
- Help families set realistic, meaningful goals based on their priorities and family culture.
- Celebrate progress and milestones, no matter how small, to reinforce parents' sense of competence.
- Encourage reflection and adjustment as parents' confidence and understanding grow.