

Reflection and Review



Reflection and Review are interrelated coaching strategies used by EIs to support the caregiver’s understanding and application of the Family 5Q during the visit but importantly, throughout their everyday routines and activities.

Reflection is a coaching strategy used to encourage caregivers to think and talk about what they see and do to intentionally support their child’s learning. *Reflection* helps caregivers understand what they observed their child do or what they did in the routines during the home visit, how the strategies worked or did not work, and how the child participated or could be engaged even more.

Review serves to support the exchange of key ideas between the parent and the EI about what to do, when and how to embed in the intervention plan and as a process to discuss the intervention that occurred, what worked, and what to do next. It serves as a memory check to ensure the caregiver feels competent in using the strategy. Think of it as bullet points for the plan.

Open-ended questions and comments are used to facilitate a deeper understanding of the caregiver and child’s beliefs and interactions that support teaching and learning in *Reflection and Review*. Questions are open-ended to encourage the caregiver to express their opinions, previous experiences, and expectations. Questions may be specific to the intervention, “Which strategies felt like they worked the best for Juan?” or more broadly focus on the interaction, “I saw you smiling when she took that last bite. What made this a happy experience for you and Cora?”

Practices and Principles

How to...

Describe actions and observations in everyday words.	Use the family's words and ideas during discussions and in the action plan.
Engage caregivers in <i>reflection</i> and <i>review</i> of their learning to become intentional in embedding.	Ask the caregiver what worked for them, why they believe it has helped their child's learning, and review their plan to embed those strategies intentionally in their routine.
Reflect and review to expand use of strategies and routines.	Encourage caregiver to reflect on what works, review where else it could be used and identify additional routines and activities.



Although *Reflection* occurs throughout the home visit when discussing updates or identifying priorities and plans, it should definitely occur at the end of routines and activities and before the development of the action plan. It is useful to identify and review which intervention strategies are working best as a basis for expanding their use with new targets or into additional routines to support generalization. *Reflection* often leads to brainstorming or problem solving discussions that further expand the child's and families opportunities for embedding intervention in meaningful ways that fit the family's priorities.



After evaluating options, planning decisions can be made. This often leads to a *review* of the best strategies and plans to be sure everyone agrees. When caregivers have sufficient opportunity to share perspectives, ask questions, clarify strategies, and discuss how to use them, they are prepared to develop and implement an action plan that they can accomplish throughout their day.

Remember

It is important to remember that *Reflection and Review* go hand in hand. By reflecting on their practice during the routines that just occurred, caregivers can integrate the insights they gained through these experiences to remember what they did, why it was helpful, and how they want to repeat it later. Putting words to the sequence of actions, the strategies used, and the child's responses makes the learning more salient. Also, using the recent exchanges between the caregiver and child to review the key steps helps to develop an appropriate and meaningful action plan using their own words.

Reflection by the caregiver is used to ensure the plan belongs to the child and caregiver, not the EI. *Reviewing* the strategies and routines used and decisions made during the visit and developing the final plan with the caregiver are opportunities for further clarification and decision-making.