

At-a-Glance Resource-Based Practices

Capacity-Building Process

Practitioners support:

- Parents' strengths and abilities to achieve desired results
- Parents to recognize and use current and new abilities to achieve preferred outcomes
- Parents to identify opportunities and embrace responsibility for actively working toward their desired outcomes

Relational Helpgiving

Practices and characteristics that promote positive relationships with parents.

- Trust
- Respect
- Empathy
- Caring

Sources for Effective Helpgiving (Dunst & Trivette, 2009; Trivette & Dunst, 2007)

Participatory Helpgiving

Practices and characteristics that promote active participation on the part of parents (choice & action):

Parents

- Develop their own goals
- Develop their own plans with support
- Implement the plans with support
- Evaluate the effectiveness of their actions
- Develop new plans as needed
- Recognize the results of their actions (self-attribution)

Resource-Based Practices

Identifying Resources

- Assist the person with *identifying* both formal and informal resources

Selecting Resources

- Assist the person with *selecting* the best resource or combination of resources

Accessing Resources

- Assist the person with *accessing* the best resource or combination of resources

Evaluating Resources

- Assist the person with *evaluating* the resource(s) used

Other

- Provide complete and unbiased information
- Use available research/knowledge rather than just own opinion or personal experiences
- Ensure the person is making an informed decision
- Assist the person in developing an action plan for moving forward

Self-Assessment

- What did the person learn and/or change as a result of this conversation?
- How did this interaction build the other person's knowledge and skills for the current and future situations?
- How did this interaction compare to others with this person?
- What will I do similarly in future coaching interactions?
- What will I do differently in future coaching interactions?

Plan with the Coachee

- What is my plan related to the continued use of resource-based practices in terms of what I want to continue to improve or do differently?
- What additional supports do I need?
- When should I revisit my plan?