

# 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 Helping**

Practices and characteristics that promote positive relationships with parents.

- Trust
- Respect
- Empathy
- Caring

**Participatory Helping**

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 Priorities**

- Assist the person with identifying interests, needs and priorities for support

**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?

### Sources for Coaching:

Rush, D., & Sheldon, M., (2011). *Early childhood coaching handbook*. Baltimore, MD.: Paul H. Brookes.

### Sources for Effective Helping:

Dunst, C., & Trivette, C. (2009). Capacity-building family systems's intervention practices. *Journal of Family Social Work*, 12, 119-143.

Trivette, C., & Dunst, C. (2007). *Capacity-building family-centered help-giving practices*. Winterberry Research Reports Vol. 1, No.1. Asheville, NC: Winterberry Press.

### Sources for Resource Based Practices:

Mott, D. (2005). Conceptual and empirical foundations of resource-based intervention practices. *CASEinPoint*, 1(5). Available at [http://lipp.org/static/media/uploads/caseinpoint/caseinpoint\\_vol1\\_no5.pdf](http://lipp.org/static/media/uploads/caseinpoint/caseinpoint_vol1_no5.pdf).

Sexton, S. & Rush, D. (2012). Family resource support guide. *CASETool*, 4(5). Available at [http://lipp.org/static/media/uploads/casetools/casetool\\_vol6\\_no5.pdf](http://lipp.org/static/media/uploads/casetools/casetool_vol6_no5.pdf).