



# Tip Sheet: Family Self-Sufficiency



## Things to consider

- What does the conversation look like when you talk with a family about family goals that support family self-sufficiency?
- What support do you provide families to help them meet their goals?
- How do you support families when they need employment, education, and/or childcare?
- What resources do you have in your community to support families with employment, education, and/or childcare?
- What are the barriers families experience when pursuing employment, education, and/or childcare?

## Important Tips

- Be mindful of the importance to validate the family's/caregivers' feelings and wishes when you have conversations with them about family self-sufficiency.
- Remember to practice the Facilitating Attuned Interactions and Motivational Interviewing approaches while you develop goals with families.
- Before you meet with a family, think about questions that will help guide your discussion about family self-sufficiency.

## Family Goals

### Things to consider as you develop goals with families:

- Utilize the ECECD screening tools as guidance when you develop goals with families.
- Meet families where they are.
- Approach goal development in different ways. Think about the family's priorities, areas of growth, etc.

## Training

### Training and Education from Ready New Mexico

Do you or a family you know need new skills for a job, or want to earn a new degree or certificate to advance a career? Find training and education programs, financial aid information, and more.

- [ready.nm.gov/training-education](https://ready.nm.gov/training-education)

### Workshops from the New Mexico Department of Workforce Solutions

Participate in virtual workshops to brush up on skills. Workshops are available every week and are free to attend!

- [dws.state.nm.us/workshops](https://dws.state.nm.us/workshops)



# Resources for Family Self-Sufficiency



## Childcare Resources:

- **The Guardianship and Kinship Coalition:** A coalition of agencies and individuals that seek to create more services and support for grandparents and other relatives raising children. Contact P.A. Blalock at (505) 244-1101 or [pa@pegasuslaw.org](mailto:pa@pegasuslaw.org)
- **New Mexico ECECD Child Care Assistance Program:** This program subsidizes the cost of childcare for families at or below 400% of the federal poverty level who are working, in school, or searching for employment. [nmeccd.org/child-care-assistance](http://nmeccd.org/child-care-assistance)
- **New Mexico: Financial Assistance for Families:** Are you looking for help paying for childcare, buying groceries, or diapers? Find out about assistance programs offered in your area. [childcare.gov/state-resources](http://childcare.gov/state-resources)

## Education Resources:

- **New Mexico Opportunity Scholarship:** The NM Lottery Scholarship and more than 25 scholarships, grants, and college financial aid programs are available. There are options for every New Mexican to pursue higher education without having to worry about the cost of tuition and fees. [hed.state.nm.us/financial-aid/scholarships/new-mexico-opportunity-scholarship](http://hed.state.nm.us/financial-aid/scholarships/new-mexico-opportunity-scholarship)
- **Scholarship and Wage Supplement Program:** ECECD Comprehensive Early Childhood Scholarship Program makes it possible for early childhood professionals to afford the time and expense of taking coursework that leads to credentials and degrees. [eceedscholarship.org/scholarship-information](http://eceedscholarship.org/scholarship-information)

## Employment Resources:

- **New Mexico Workforce Connection:** Access career resources and services [jobs.state.nm.us](http://jobs.state.nm.us)
- **New Mexico Department of Workforce Solutions:** Strives to be a leader in improving employment and poverty rates through workforce development, enhanced services for employers, and ensuring fair labor practices and workforce protections for New Mexicans. [www.dws.state.nm.us/en-us/](http://www.dws.state.nm.us/en-us/)

## Additional Resources:

- **Moments Together:** Where New Mexico families, who are pregnant or have young children, ages zero to five, can find easy tips and free resources. [momentsnm.org/](http://momentsnm.org/)