



TIP SHEET:

Reflective Practice



- 1. Practice Mindfulness:**
Engage in mindfulness techniques to stay present and fully experience parenting moments. Mindfulness can help you respond more thoughtfully to challenging situations and reduce stress.
- 2. Focus on Positive Moments:**
Reflect not only on challenges but also on positive and enjoyable moments with your child. Consider what contributed to these positive experiences and how you can replicate them.
- 3. Observe Your Child's Cues:**
Pay close attention to your child's behavior and cues. Reflect on how your actions and responses impact their reactions. This awareness can help you adjust your approach to better meet their need.
- 4. Quality Time Interaction**
When interacting with your child, consider the quality of the time spent together rather than just the quantity. You may ask yourself: Did I fully engage and connect with my child during our time together? What activities or moments seemed to bring the most joy and engagement for both of us?
- 5. Reflect on your responsiveness:**
Responsive parenting, characterized by warmth, sensitivity, and consistent support, contributes to the development of a secure attachment. Regularly reflecting on your interactions allows you to fine-tune your responses, fostering a sense of security and trust in the parent-child relationship. By being attuned to your child's signals and needs, you create a foundation for healthy emotional development and a lifelong connection.
- 6. Mindful Presence in Emotional Moments:**
During times when your child expresses emotions, whether positive or challenging, make a conscious effort to be fully present in the moment. Provide a safe space for your child free of judgment.
- 7. Identify Patterns and Triggers:**
Reflect on recurring patterns in your child's behavior and your responses. Identify potential triggers for both positive and challenging behaviors. This awareness can help you proactively manage situations.
- 8. Seek Different Perspectives:**
Talk to other parents, caregivers, or your home visitor. Share experiences, ask for advice, and gain different perspectives to broaden your understanding of parenting.
- 9. Celebrate Achievements:**
Acknowledge and celebrate your parenting successes. Reflecting on your achievements boosts confidence and reinforces positive parenting practices.



Resources

- 1. What is Reflective Practice**
participatorymethods.org/method/reflective-practice
- 2. Reflective Practice**
eclkc.ohs.acf.hhs.gov/family-engagement/home-visitors-online-handbook/reflective-practice
- 3. Reflective Practice**
parenting.mountsinai.org/tip-of-the-week/reflective-practice
- 4. Promoting Reflective Practice**
bit.ly/42lvq35
- 5. A Relationship-Based Approach to Early Intervention**
bit.ly/3wqiK4t
- 6. Reflective practice in uncertain times: How you are is as important as what you do**
bit.ly/3SYVLGy
- 7. Parenting with Courage & Connection: Introduction**
bit.ly/3OG5vDm
- 8. Parenting with Mindfulness: What does that even mean?**
bit.ly/3usjJAS
- 9. Enhance Your Life with Mindfulness**
bit.ly/3T1nxT8

