

ECECD HOME VISITING TIPS AND RESOURCES

Motivational Interviewing: A Summary

*The Spirit of Motivational Interviewing (MI): **PACE***

***Partnership:** Working collaboratively with families*

***Acceptance:** Respecting family autonomy and worth*

***Compassion:** Prioritizing family welfare*

***Empowerment:** Helping people recognize and use their own strengths*

During the Introduction to Motivational Interviewing (MI) Speaker Session, we learned that MI is an evidence-based, client-centered style of communication that focuses on strengthening personal motivation for change. MI can enhance family-provider partnerships, keep diverse families meaningfully engaged in services, and encourage positive behavior change. Here are a few tips and resources you can use. Please look for the Podcast *Early Steps, Strong Starts* on the CDD Home Visiting Portal, and join us for the Motivational Interviewing Training in the Spring of 2026.

Core Skills of MI: OARS

Open question: Allows the person broad latitude to respond.

Affirmation: Identify a strength or trait, or can affirm effort, achievement, or a specific statement.

Reflection: Try to use two reflections for every question.

Summary: Use these every so often; summaries can be used as transition points.

Helpful Hints

- Your “way of being” with caregivers and families truly matters!
- Make reflections your default response. Use them to understand and develop the person’s perspective.
- Remember to reinforce autonomy; it’s their decision, and only they have the power to make the choice. People are the experts in their own lives – no one knows what strategies will work better for them than themselves.
- Take your time responding! You don’t have to speak the moment that the person pauses. Be present with them while they’re speaking, then process what you want to respond with. Silence can be good!
- Resist the fixing reflex!

Look for and Highlight Change Talk: DARN CAT!

Desire: “I want my family to eat healthier food.”

Ability: “I think I could try meal prepping on Sundays.”

Reasons: “If I follow through with the routines, my mornings might go smoother.”

Need: “I need to do something different to take better care of myself.”

Commitment: “I am going to start using the strategies we discussed.”

Activation: “I’m ready to make these changes.”

Taking Steps: “I started reading to my child every night this week.”

RESOURCES

Click the following links for:

[Lions, Tigers, and Bears, MI Podcasts](#)

[MI Videos at the Change Companies](#)

Motivational Interviewing: Helping People Change and Grow, 4th Edition (2023). [William R. Miller](#) and

[Stephen Rollnick](#)

[Motivational Interviewing Network of Trainers \(MINT\)](#)

[The NM MI Training Center](#)

[The Center for Innovation-Motivational Interviewing](#)

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