

What are the **Core Values?**

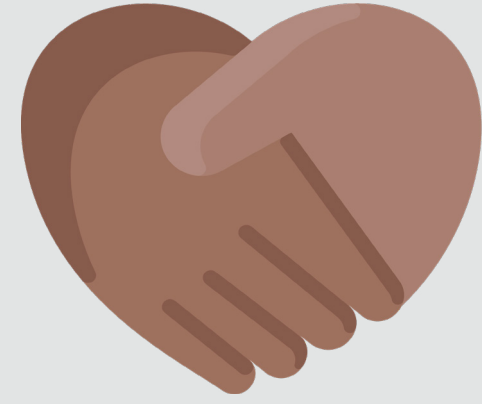
Module 2



This module relates to six of the foundational principles of the early relational health paradigm.



- Simple and everyday human interactions are “good enough” early relational experiences.
- Connectedness, belonging, and mattering are essential for parents.
- A broad range of helping professionals and community members can provide experiences which promote early relational health.
- Early relational health embraces diversity of practices and knowledge and resists reductionism about human development.
- A society built on respectful and equitable relationships is a society in which all young children and their families can thrive.
- Putting Principles into Action: Building an Early Relational Health.



KNOW

Level Setting: The **GOAL** is to establish strong, meaningful, and enduring relationships between parents/caregivers and their young children.

Hope is critical.



How to build relationships with families:

1. Dignity and Respect in all Human Relationships creates a society in which all young children and their families thrive.
2. We all need human connections. Belonging and mattering are essential.
3. Early relational health emphasizes the strengths and resources of all parents and young children.
4. Simple every day and meaningful moments of interaction are foundational ERH.
5. Early relational health embraces a variety of practices and knowledge.



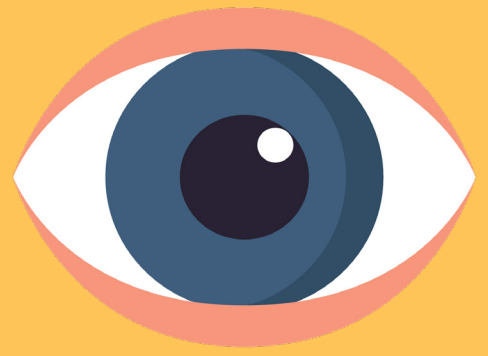
Workforce Standpoint:

Be curious to witness the variety of family practices and wonder, ask questions to understand what it means. Mindset of inquiry and wonder sets up the foundation for any type of action.

I noticed how you comfort your baby with that special song—it seems important to you both. Can you tell me more about where it came from?



SEE





REFLECT

Let's take time now to reflect on what we learned in the KNOW section and what we saw in the video.

Provider Reflection Questions:

Remember a time when you were surprised by something a family taught you.

Remember a time when you could not figure something out but when you partnered with a parent it became clear.



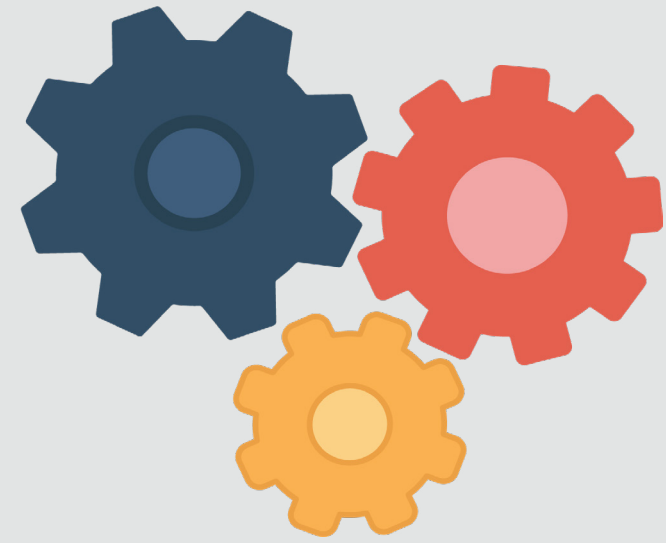
REFLECT

Let's take time now to reflect on what we learned in the **KNOW** section and what we saw in the video.

Parent Reflection Questions:

Remember a time when a professional taught you something and **surprised** you.

Remember a time when you learned something new from a professional partner that you could not figure out by yourself.



TAKE ACTION

for Providers

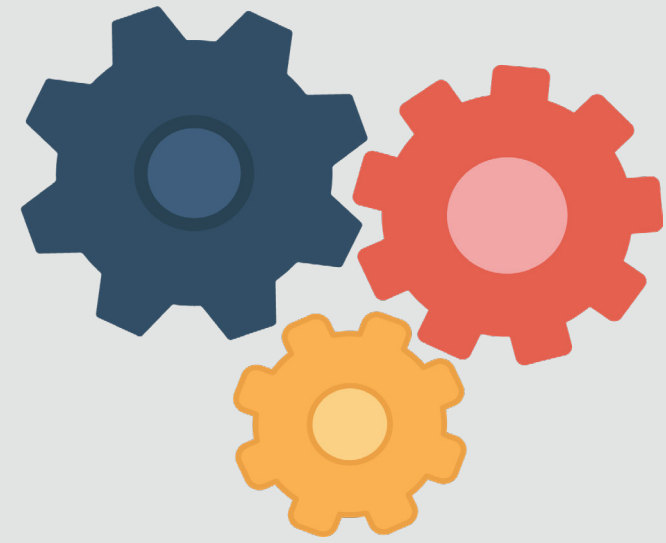
1. Know that when you enter the room the first time the family is assessing you.

Did you make eye contact, friendly, cordial, not too task-oriented?

Parents say: “Did you ask me how I’m doing and if there is anything I am concerned about?”

Pay attention to the quotes which are testimonials shared by parents.





TAKE ACTION

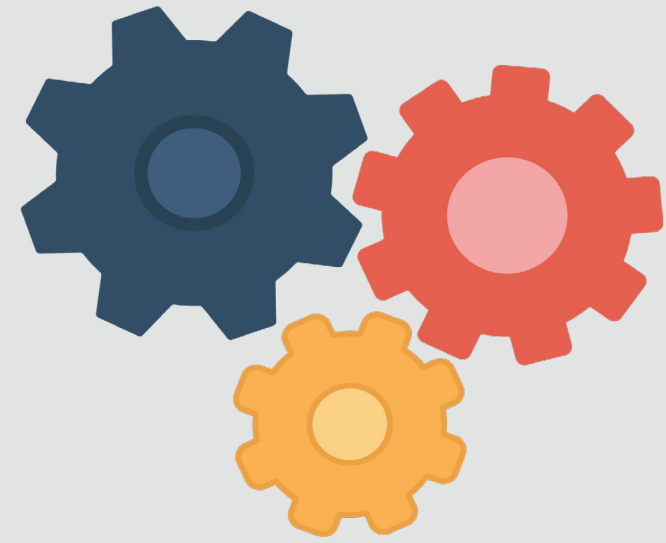
for Providers



2. Think of ways you can focus on all families **hopes and dreams** for their kids.

Example:

Help families create short term success plans based on collective input. Encourage the families as they accomplish goals.



TAKE ACTION for Providers

3. Can you create a space where families feel free to share what they worry about?

Did you first make the connection with the parent(s), interacting, questions about what you can do to assist?

Parents say: “Staying present and engaged when I am talking.”





TAKE ACTION for Providers



4. How can you create a space for open discovery?

Confidence as a parent is emergent and supported by others believing it.

Notice and acknowledge strengths. Notice the weaknesses and how to offer support.

When doubt appears, inquire and ask what they are worried about or what they are unsure about.

Parents say: “Don’t tell me what I’m doing is wrong.” “I’m not sure, but I’m trying my best.”

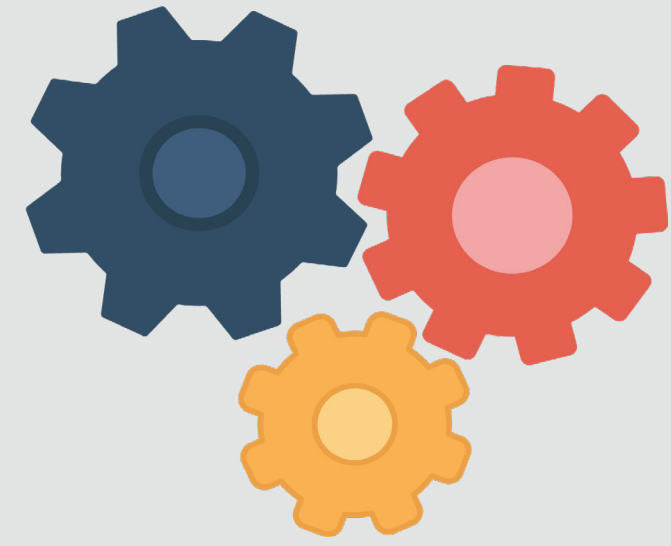


TAKE ACTION for Providers

5. Be mindful. Wait, watch, and wonder, as opposed to offering quick answers and solutions.

Opportunities may arise for professional input.



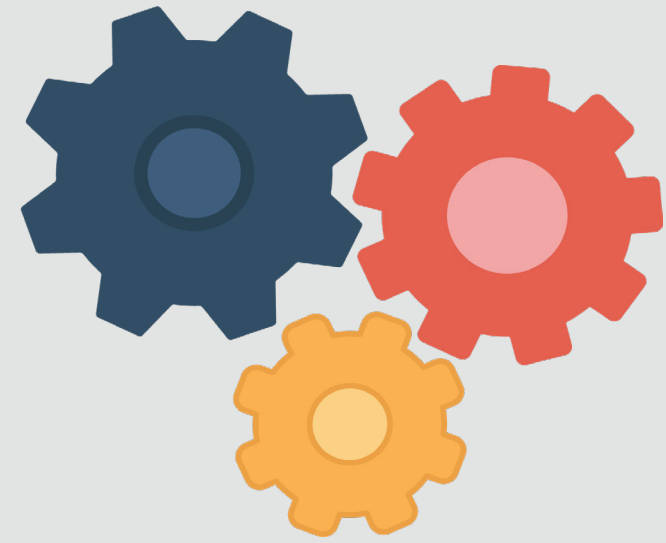


TAKE ACTION

for Parents



1. Pause... Sit still for five minutes, allow yourself to feel and sense what it means to be present with other people.

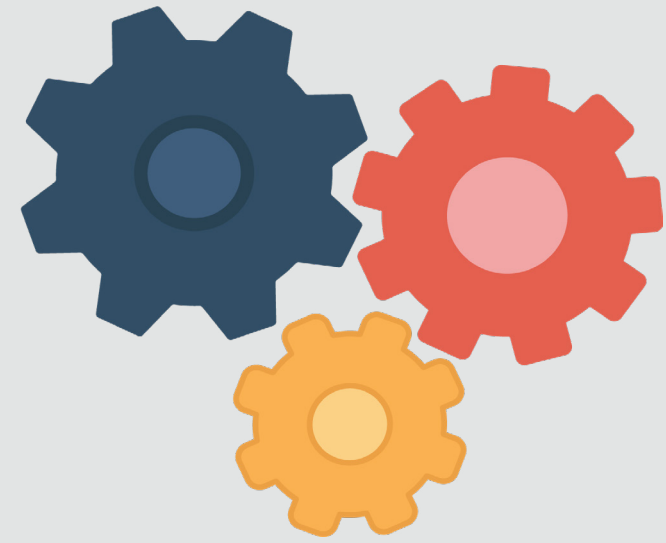


TAKE ACTION

for Parents

2. In the next opportunity to be with family or loved ones, observe and explore your curiosity of what you have discovered and can reflect on.





TAKE ACTION

for Parents



3. On your next experience, recognize how the connection between you and another person impacted you.

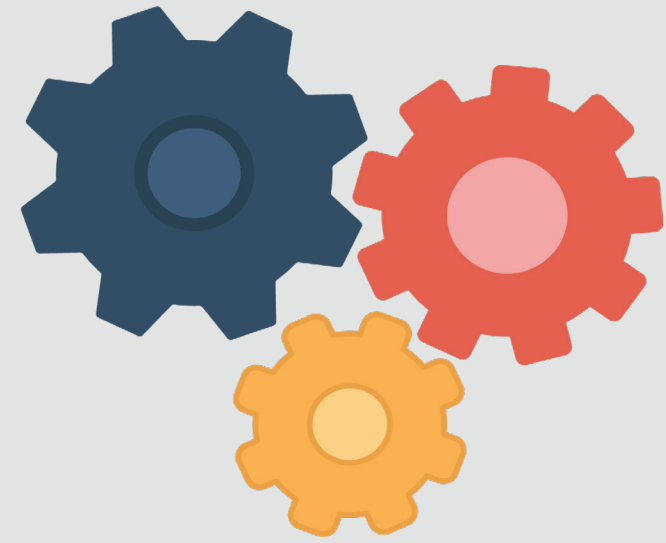


TAKE ACTION for Parents

4. Notice and celebrate your moments of connection.

If you and your child catch each other's eye or you share a gesture that each of you understands without saying a word, you're strengthening your Relational Health together!





TAKE ACTION


for Parents



5. Choose two or three routines that were once mundane and turn them into moments of connection.

Try to remember to be present and turn them into meaningful interactions.

Remember, they don't need to be deep or involve much talking, they just need to be moments that make your child feel love or allow you to feel loved by your child!



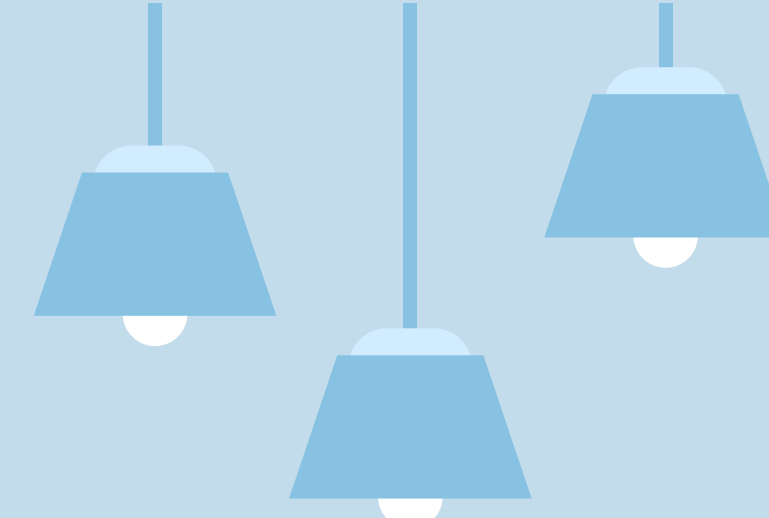
For more information and to continue learning about Early
Relational Health, you can find information at

NurtureConnection.org

and the Infant and Early Childhood Mental Health Consultation Tab
on the MI Department of Health and Human Services Website

michiganiecmhc.org





Citations

- Harper Browne, C., Li, J., O'Connor, C., Russo, J. E., & Willis, D.W. (2024). Putting Principles into Action: Building an Early Relational Health Ecosystem. Center for the Study of Social Policy and Nurture Connection
- FrameWorks Institute. (2020). Building relationships: Framing early relational health. Washington, DC: FrameWorks Institute
- Nurture Connection nurtureconnection.org
- Putting Principles into Action: Building an Early Relational Health

