

Home Visiting 103: Professional Practice

REFERENCE & RESOURCES

Family support professionals have specific education, training and skills to ensure that families receive high quality services. They know and understand their program’s philosophy, goals and objectives. They are able to translate program goals into practice.

GOOD DOCUMENTATION

Timely, objective, clear, concise, private

Includes:

- what you observed
- your intervention
- follow-up steps taken by parent
- parents’ barrier to resources
- parent-child interactions

TIME MANAGEMENT

Use a planning system that works for you

- Allow time for documentation
- Allow extra time for the unexpected
- follow-up steps taken by parent
- Keep work and home separate

HEALTHY BOUNDARIES

- Establish an understanding of what it means to provide care and services to families.
- Acknowledge that the home visitor and family relationship has limits.
- Help you maintain objectivity.

SELF-CARE

- Good nutrition
- Restful Sleep
- Time with family and friends
- Exercise

[Tips for Making Safe and Effective Home Visits](#)

Vanderbilt Kennedy Center for Excellence in Developmental Disabilities

[Free Guided Meditations](#)

Mindful Awareness Research Center

[Relaxation Exercises](#)

Center for Early Childhood Mental Health, Georgetown University Center for Child and Human Development

[Eight Principles for Effectively Maintaining Professional Boundaries as a Service Provider](#)

Data must be complete and accurate, recorded and submitted on time according to program guidelines.