



Note to Learner: The Institute for the Advancement of Family Support Professionals (IAFSP) encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and family support professional competencies
 - Learner rates knowledge of learning objectives
-

During the training, the learner:

- Completes activities
 - Reflects on own response
 - Identifies questions and concerns
 - Prints Reflective Responses to share with supervisor
 - Completes post-training evaluation
-

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan over time
-

This 240-minute online module, *Family Partnerships That Support Health and Mental Health*, focuses on meeting the physical and mental health needs of both parents and children. The module provides information on health promotion, medical homes, breastfeeding, and the benefits of healthy eating for families. It also offers information on identifying and supporting families affected by mental health disorders.

NATIONAL FAMILY SUPPORT PROFESSIONAL COMPETENCIES

Domain 2: Child Health, Safety and Nutrition

Dimension 7: Child health and wellness

Component a: Immunizations

Component b: Well child visits

Component d: Oral health care

Dimension 9: Child nutrition

Component a: Breastfeeding

Component b: Formula feeding

Component c: Infant nutrition

Component d: Nutrition of young children

Domain 5: Family Health, Safety and Nutrition

Dimension 17: Maternal health

Component f: Postpartum depression

Dimension 18: Mental health

Component a: Depression

Component b: Mental illnesses

Dimension 19: Physical health

Component a: Family diet

Component b: Exercise

BEFORE THE TRAINING

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Articulate the importance of strong parent involvement in their children's health promotion and meeting their children's health needs.		
Explain the importance of a medical home and well-child examinations and immunizations.		
Describe the benefits of breastfeeding and the importance of healthy eating for families.		
Identify personal values and beliefs about mental illness and how they might affect practice.		
Describe the symptoms of major mental health disorders.		
Articulate the possible effects of adult mental illness on parenting and on children.		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

AFTER THE TRAINING

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner's plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Include information on local resources for medical and dental homes in my resource file.
- Identify family-friendly nutrition and physical activity handouts and share them with families.
- Observe for signs of childhood obesity in the families I work with and support families to make healthy changes in diet and activity.
- Talk with my supervisor about any concerns I have about identifying and working with families who may be experiencing mental health disorders.
- Identify mental health resources in my community. Advocate for additional services if the community is lacking.

My Action Plan

ACTION	TARGET DATE	DATE COMPLETED