

Engaging Families  
and Transforming Practice  
through the

# Whole Family Approach



## The Whole Family Approach

### Training Objectives

- Define the Whole Family Approach
- Developing the Whole Family Mindset
- Delve into using the WF Approach in Your Work



**Be  
Present**



**Take Space  
Give Space**

A photograph of a wooden door with a white rectangular sign in the center. The sign has the text "Respect Others" written in bold, black, sans-serif font. The door is made of dark wood with a visible grain and a metal handle on the right side.


**Embrace  
Imperfection**



**Be Curious**

## Norms and Expectations

# What is the Whole Family Approach?



Whole family approaches build family well-being by

**intentionally and simultaneously**

working with children and the adults  
in their lives together.

The whole family approach recognizes that families come in all different shapes and sizes and that **families define themselves.**

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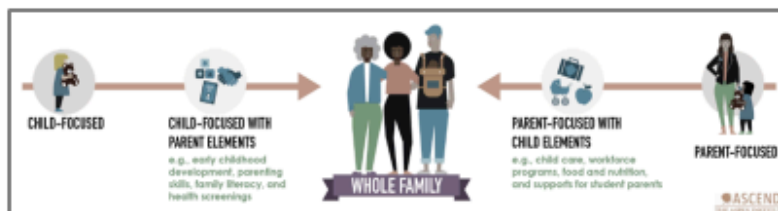
Whole family approaches can be found along a continuum, with a starting point (parent or child) and a relative emphasis.



We all start somewhere.



## Partner Discussion Questions



Where on the continuum are you starting in your work?

What ways to expand the practice stand out to you as a natural extension of what you are currently doing?

Start thinking: Where can I go from here?

## EARLY CHILDHOOD EDUCATION

- Head Start
- Early Head Start
- child care partnerships
- preK
- home visiting
- Family, Friend, and Neighbor Care (FFNC)

## K-12

- kindergarten ready
- 3rd grade reading skills
- parent engagement
- graduation and postsecondary prep

## POSTSECONDARY & EMPLOYMENT PATHWAYS

- community college
- training and credentials
- workforce partnerships
- employer partnerships

## SOCIAL CAPITAL

- peer and family networks
- coaching
- cohort strategies

## HEALTH, INCLUDING MENTAL HEALTH

- mental, physical, and behavioral health
- coverage and access to care
- adverse childhood experiences and toxic stress

## ECONOMIC ASSETS

- asset building
- housing and public supports
- financial capacity
- transportation

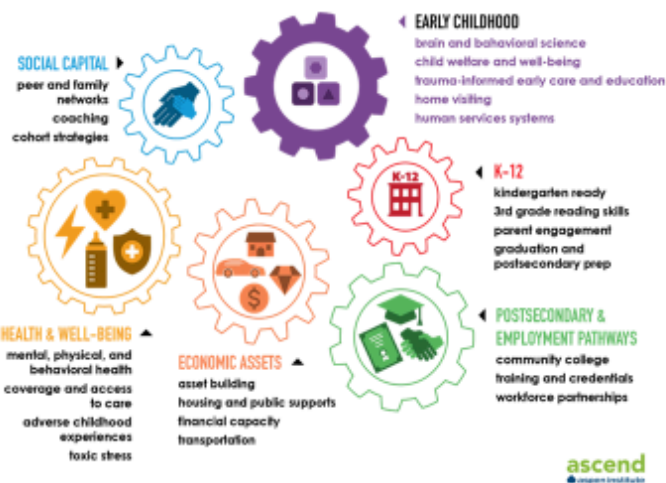


There are 6 Key Components of the Whole Family Approach

## Small Group Discussion

Questions for each group:

- Where does the majority of your work fall with families?
- How do the other components effect the families you work with?
- How might other components be incorporated?



## The Whole Family Mindset

Building a whole family mindset means reflecting on our own values and beliefs in order to explore the impact they may have on our work.

The Family Centered Principles used in Whole Family Coaching can help us reflect on what it means to embrace the Whole Family Approach.



## Embracing Family Centered Principles

We have to know ourselves in order to be fully present with others.

Being honest with ourselves helps us to honor the individual strengths of the person sitting before us.

This allows for a partnership of equals.

## Full-Family Focus

## Family-Led

## Respect

## Strengths-Based

## Racial Equity and Inclusion

## Fluidity of Approach

## Transparency

## Collaboration

## Choice

## Responsiveness

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## PLAN - DO - REVIEW

### Step by Step

#### With a Partner: Brainstorm Exercises

What are you hoping to accomplish with this action step?

Share ways you are already using a WF Approach in your work.

Brainstorm easy, do-able ways to expand on what is already happening?

#### Self Reflection

Write the action step action you will take to expand your commitment to the WF approach.

Note any additional steps needed to implement this action,  
who will play a role in this plan, and when/where it will happen.

#### Turn To Your Partner

one minute each out outline what your plan is to your partner

#### Debrief

Come back together for a wrap-up

## Reflections

**What part of today's discussion  
resonated with you the most?**

**Additional thoughts on utilizing the  
Whole Family Approach in your role?**

**Questions?**

