

### GUIDING PRINCIPLES

- Communities identify their needs, service gaps, and the best ways to make home visiting available and accessible to families
- HFA utilizes an infant mental health approach, providing relationship-focused interventions/supports to address stressors and build protective factors
- Staff build trusting, nurturing, and healing relationships with families using trauma-informed practices grounded in the parallel process
- HFA centers families, engaging in partnership, honoring parent voice and involving parents as leaders and advisors

### THE PEOPLE WHO MAKE IT HAPPEN

- Families
- Local HFA sites, staff, and community advisory boards
- State and community partners
- Research & evaluation partners
- Policymakers & funders
- National model leadership and support to sites (e.g., training, TA, learning communities, research, advocacy)

### IMPLEMENTATION OF HFA BEST PRACTICE STANDARDS

Hire staff with the personal characteristics, skills, experience, and community knowledge needed to build trusting relationships

Staff are given comprehensive training, manageable workloads, and weekly reflective supervision

Learn about families' and communities' unique strengths and challenges and tailor services to those needs

Provide intensive support to families and begin home visits as early as possible, typically before the child is 3 months old, continuing to age 3+

Create trusting relationships and engage families using personalized outreach and a trauma-informed approach

Cultivate nurturing, responsive parent-child relationships and promote child health, development, & safety

Support families as they set goals and assess progress

Connect families to needed community resources

Use data for quality assurance and quality improvement

Govern and administer the site in accordance with principles of effective management and ethical practice

### PATHWAY TO OUTCOMES

#### Trauma-Informed Relationships

**Supervisors and staff** are caring, present, attentive, attuned, and responsive

**Staff and parents** feel supported and experience safety, comfort, predictability, and joy

**Parents** partner with their family support specialist to:

- develop nurturing, attuned, and responsive relationships with their child
- use stress management and healthy coping skills
- build parenting confidence and self-efficacy
- increase knowledge of child development and parenting
- practice setting and achieving goals
- access social support and community resources
- advocate for themselves and their family

### OUTCOMES FOR CHILDREN AND FAMILIES

#### Nurturing parent-child relationships

- Positive parent-child interaction
- Positive parenting practices
- Child safety and child maltreatment prevention

#### Healthy childhood growth and development

- Social-emotional functioning
- Health and child development
- School readiness and school success

#### Family well-being

- Parents' mental and physical health
- Family economic well-being and self-sufficiency
- Family violence prevention

### THRIVING COMMUNITIES