

# COACHING

## Quick Reference Guide

### JOINT PLAN

- Reference from last session and use to check in/begin.
- Ask the caregiver what they would like to work on today.

### OBSERVATION

- Ask the caregiver what has been tried before showing a strategy.
- Give caregiver an opportunity to demonstrate what they've tried before showing a strategy.

### ACTION/PRACTICE

- Intentionally model/coach strategy after observing/learning what caregiver has already tried.
- Give caregiver the opportunity to practice the intentionally modeled/coached strategy.

### REFLECTION

- Use open-ended questions to help the family reflect on past and/or new strategies.
- Ask caregiver what differences they noted (previous vs. current practice).
- Ask caregiver how they felt implementing the strategy.

### FEEDBACK

- Verbally coach the caregiver while practicing, by providing informative feedback.
- Provide feedback that affirms the family's strengths and capacity to support their child's learning and development.

### ACTION/PRACTICE

- Support the family in making a joint plan for in between sessions.



**VCU**  
School of Education  
Partnership for People  
with Disabilities



**DBHDS**  
Virginia Department of Behavioral Health  
and Developmental Services

# COACHING: REFLECTIVE QUESTIONING

## Quick Reference Guide



### JOINT PLAN

- In between our visit, you had planned to ...
  - How did that work for you?
  - What went well?

### OBSERVATION

- What did you notice?
- What did you learn about this?

### ACTION/PRACTICE

- What kinds of things did you try? Why?
- What would you do differently next time?

### REFLECTION

- How do you feel about that?
- What supports were most helpful for you?

### FEEDBACK

- What would happen if you...?
- I wonder what would happen if you....?

