

## Self-Reflection Survey

Before using the Let's Talk approach, it is important to explore any influences that may impact your conversations. Parents and other infant caregivers have different levels of knowledge, beliefs, culture, and circumstances. This can impact their adoption of safe sleep practices. The Let's Talk approach allows you to provide support to parents and caregivers that you may need to adjust based on the needs of families at each encounter. This will help you provide the most responsive support possible to parents and caregivers.

Facilitators and community educators can find the statements and responses below as part of the Let's Talk - *Safe Infant Sleep* Community Training. Use the survey to encourage participant reflection and bring awareness to any bias they may hold. You can copy and paste the content into various formats, including paper or electronic surveys.

Please see the [Let's Talk - Implementation Guide](#) for more resources.

### Audience:

Facilitators and community educators

### Instructions:

Think about an encounter you have had with a family who shared that they did not follow one or more of the safe sleep recommendations. On a scale from “Completely Disagree” to “Completely Agree,” circle the response that aligns most closely with how you felt after discussing safe sleep recommendations with this family.

***They just do not understand the reasons for the recommendations and the risks they are taking.***

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

***I feel angry and alarmed when a family did not follow safe sleep recommendations.***

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

***Parents or caregivers really do not care about their children when they do not follow safe sleep recommendations.***

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

***They are making the best decisions for them, and their families given the context of their lives.***

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

***I feel that I have wasted my time talking when parents or caregivers do not follow recommendations.***

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

*Others will think I am not doing my job well when the parents I have talked to do not follow safe sleep recommendations.*

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

*I feel disrespected as an expert when parents and caregivers do not follow safe sleep recommendations.*

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

*I hope I or someone else will have more opportunities to talk with the family.*

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

*Unless they follow all the recommendations, I have failed.*

Response:

Completely Disagree    Somewhat Disagree    Somewhat Agree    Completely Agree

### **Closing:**

Facilitators can further explore self-reflection through guided discussion using the Self-Reflection Activity or provide an opportunity for individual self-reflection through a quiet time.

## **Self-Reflection Activity**

How do we deal with our own personal influences that impact conversations? We all have them, so it is important to work to make sure that all families get the information and support they need. There are several approaches, but self-reflection is a key first step.

### **Take a moment to ask yourself: Do my thoughts and feelings:**

- Impact the amount of time I spend with parents or caregivers?
- Influence how I communicate with parents and their families?
- Hamper my capacity to feel and express empathy toward parents or caregivers?
- Affect the types of information and recommendations I offer?
- Affect my expectations about whether families can succeed in carrying out their plans for feeding and sleeping their babies?

Be aware of your impact on conversations. For example, do you automatically assume the family will accept or adopt your recommendations? Do you think they understand what you are saying? You can use the [Let's Talk - Checklist for Self-Reflection in Conversation](#)

Source:

Bronheim, S. (2017). Building on campaigns with conversations: An individualized approach to helping families embrace safe sleep and breastfeeding. Washington, DC: National Center for Education in Maternal and Child Health.

## Let's Talk - Checklist for Self-Reflection in Conversation

Before you start a conversation with an individual, parent, or other infant caregiver, consider asking yourself the following questions:

1. Do I see this family or person as part of a group or category (e.g., teen mother, from a particular racial or ethnic group, first-time mother, family with other children, family with low income, family with limited or no English proficiency, etc.)?
2. If yes, will that view:
  - Lead to any assumptions about the amount of time I think the conversation will take (e.g., longer because they will have trouble understanding what I am saying; not worth spending a lot of time, since they will not likely understand or want to implement the recommendations)?
  - Influence how I communicate with patients and their families? (e.g., limit how much information I provide, work with an interpreter, and give the basic recommendations, but not detailed explanations)
  - Hamper my capacity to feel and express empathy toward my patients? (e.g., feelings about how conversations with families in this group or category have gone in the past, feelings that they use excuses for not following recommendations)
  - Affect the types of information and recommendations I offer? (e.g., make assumptions about their ability to read written materials; omit some recommendations, because people from this group or category do not typically accept or like them)
  - Affect my expectations about whether families can succeed in carrying out their plans for feeding and sleeping their babies? (e.g., people from this group never follow through or always follow through)

**After each conversation, check in with yourself again.** Did any assumptions creep into your interactions?

**How did they affect how you interacted?** Use this information to keep working on how my influences might affect your conversations with families.

Source:

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