**Family Capacity-Building During Transition**

Family capacity-building practices help us think about the participatory opportunities and experiences provided to families to strengthen their existing knowledge and skills and promote the development of new abilities that enhance parenting self-efficacy beliefs and practices. Family capacity-building practices from the Division For Early Childhood Recommended Practices include:

* ***F5****. Practitioners support family functioning, promote family confidence and competence, and strengthen family-child relationships by acting in ways that recognize and build on family strengths and capacities.*
* ***F6.*** *Practitioners engage the family in opportunities that support and strengthen parenting knowledge and skills and parenting competence and confidence in ways that are flexible, individualized, and tailored to the family’s preferences.*

Use the space below to reflect on ways you help families build capacity as they explore various transition options. If you are not familiar with these transition options you may visit the Transition Resource page on the EITP website: <https://blogs.illinois.edu/view/6039/114468#modules>.

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| **Transition**  **Options** | **Things I might do with the family**  **(rather than for the family):** |
| **Part B Special Education Services (including early childhood special education classroom and/or related services)** |  |
| **Private Preschool & Community Programs (e.g. Head Start)** |  |
| **Private Therapy** |  |
| **Community Resources (e.g. park district programs, library activities, community play**  **groups and preschools)** |  |