



CEU Homework
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UACCRRRA

Send completed CEU homework to:
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Logan, UT 84322

CEU Homework Cover Sheet

Course Title Relationship Touchpoints, Course 1: Prenatal – 4 Months

Course Dates _____

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Please complete this form and submit it with your completed CEU homework assignments.

The cost of 1 CEU is \$15. Please make **check** or **money order** payable to UACCRRRA (no cash please). Payment for CEU credit **MUST** be submitted with completed homework assignments in order for CEU credit to be awarded.

Homework assignments must be complete in order to be considered for credit. Incomplete assignments will be returned. You can re-submit a homework assignment for credit, as long as it is still before the due date. You **MUST** include a CEU Homework Cover Sheet with all requests.

Homework due dates will be strictly enforced. Homework is due 3 weeks after the last session of class. In order for homework to be considered for credit it needs to be postmarked on or before that date. There are no exceptions to this policy. Classes you are earning CEU credit for must be completed in full. If you make up a session in order to complete the course, the CEU homework is due 3 weeks from the make-up session date.

Please allow 2 weeks for processing of your certificate. If you have any questions, please contact Carrie Stott at 435-232-2981 after 5:00 pm, Monday-Friday or email me at carrie.stott@usu.edu.

Completed CEU homework is due 3 weeks after the last session of class.



Relationship Touchpoints, Course 1: Prenatal – 4 Months

Instructions:

- Choose and complete four of the following assignments.
- Answer all parts of the assignments that you choose.
- Represent what you learned from your participation in Touchpoints Course 1.
- Please write in depth, but try to contain your answers to one page per question.

1. One of the shifts the Touchpoint Approach requires is to switch from focusing on deficiencies that the parent or child might have and start focusing on their positive attributes. We want to nurture their competencies. Choose a parent that you interact with and make a list of their competencies, the things that you think they do well. (On time for pick-up, glad to see their child, bring supplies like diapers.) Come up with at least 8 things. Think of things that you might say or do to acknowledge these competencies. Try this out and write about what you did and the effect this had on you, the parent and the child.

2. The first parent assumption states that, the parent is the expert on their child. Write about a time that a parent was able to give you insight into a child's behavior and how you can use the parent's expertise more in the future.

3. Review the 4 - Month Touchpoint – "Looking Outward," from Handout 18c,d,e,f,g,h,i. Write down at least 8 things that characterize the baby at this age and then discuss one way you could help support parents in understanding some of the disorganization associated with this exciting spurt in development.

4. Think of a time that you have had a conflict with a parent. Think about what the parents underlying reasons might have been for being upset. Using, Guiding Principle #4, Value Passion Wherever You Find It, write down positive things that you might focus on should this happen in the future. (love for their child, frustration over trying to be a good parent, guilt at leaving their child, etc.)

5. Choose one of the 8 Guiding Principles (last handout in Session 4), and share a way that you have used this Principle in your work with parents, or if you haven't used it yet, write about what you might do in the future.

6. Imagine a new parent who is starting care with you next week. She is a single mom who had a month of maternity leave from work. She has loved having the month to rest and get to know and enjoy her new baby. She feels like she has just started to understand the baby's signals and has just gotten her into a predictable routine. List things that the parent might be feeling, as she leaves her baby in your care for the first time. Discuss ways that you might use the behavior of the child that first day as you talk to the mother to support her competency with the baby.

7. Make a list of "What I Expect from Parents" with an underlying reason for each expectation. Do the same with a list of "What Parents Expect from Me." Are many of the things the same? Why or why not? List one thing you can do to fill a parents' expectation.

8. When the Touchpoints Approach is implemented, relationships between providers and parents are strengthened, but most importantly, relationships between parents and their children are strengthened. Discuss any ways that you feel you have had a part in helping strengthen the parent/child relationship.