

FRAMING IDEAS FOR Impactful Partnership

Diverse impacts
Small things with big effects
Mind-expanding
Intimate outsiders
Evolving art

Revision

Challenge is inevitable if helpers are going to facilitate positive change with families. Challenging effectively in partnership requires careful judgement about the timing, level and nature of challenge, the forms of support and guidance offered, and when to withdraw these without leaving parents feeling overwhelmed.

For more information on the key concepts and findings relating to this worksheet see: [creating-better-futures.org/](https://www.creating-better-futures.org/)

To claim a certificate on completed worksheets see: <https://www.creating-better-futures.org/claim-your-certificate/>

**CREATING
BETTER
FUTURES**

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1. Key concepts – check your understanding

In your own words, explain what each concept in challenging effectively means, and make connections to the framing ideas for impactful partnership where you can:

Nice and comfort zones – actual level of development:

ZPD – optimal challenge zone:

Overwhelming zone:

Scaffolding:

2. Linking ideas to practice

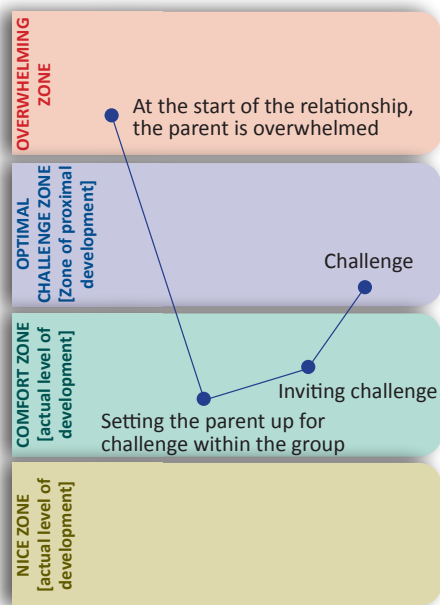
Now you have the concepts in mind, the next step is to connect them to your practice:

Concept	How it relates to my practice
Nice and comfort zones – actual level of development	
ZPD – optimal challenge zone	
Overwhelming zone	
Scaffolding	

3. Understanding the diagram below

In the diagram below, a professional establishes a relationship with a parent in a group over several weeks. She sets the parent up for challenge by listening, and moves her into the comfort zone through the group dynamic, building trust and understanding, until the parent invites her to help her at home.

If this diagram doesn't make sense to you, draw something that captures the ZPD or optimal challenge zone on a separate sheet.

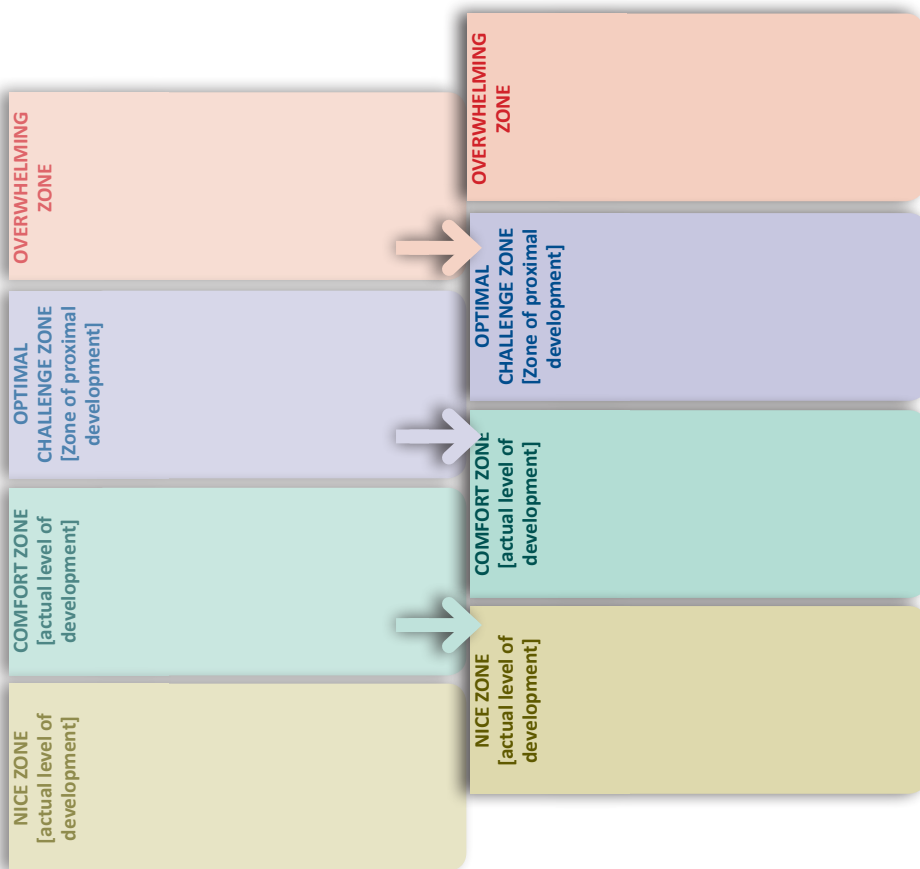
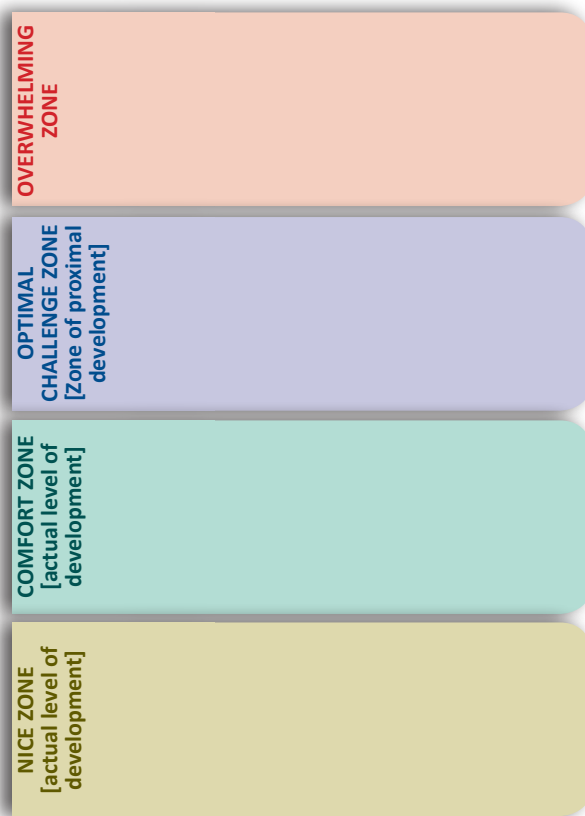


5. Working with the diagram to the right

Now, use the idea of progressive trajectories in the diagram (to the right) to pinpoint what has changed: What used to be in the ZPD but is now in the comfort or nice zone? What used to be overwhelming but is now in the ZPD?

4. Working with the diagram to the right

Draw a line on the blank diagram to the right to show the zones you have moved through with a particular family. Label each point with specific things you have done.



6. Enhancing your practice

On a separate sheet:

1. Choose two of the *Questions for reflective practice* (see right) and write your answer on a separate piece of paper. If they don't quite work you can adapt them.
2. Look at the *Questions to adapt and ask with parents* (see right). Think of a family you are working with or have recently finished working with. Choose two questions you think you could use or adapt to ask the parents, and explain why these might be important, and what you think they might say in response.

QUESTIONS FOR REFLECTIVE PRACTICE	<p>What zones have I moved through with this family?</p> <p>What worked well in the past to judge where the optimal challenge zone lies and how to withdraw scaffolding?</p> <p>What does my knowledge of this family, and past experience, tell me to expect the optimal challenge zone will be for this family as we continue to work together?</p>
QUESTIONS TO ADAPT AND ASK WITH PARENTS	<p>What support and guidance could help you take on this challenge?</p> <p>When have you felt comfortable, challenged, or overwhelmed?</p> <p>What feels just in the overwhelming zone at the moment, but is something we could work towards bringing down into the optimal challenge zone?</p>