

HOPE in Practice

Everyday prompts that strengthen children & families

Quick Tips

- Use prompts to build rapport
- Ask open-ended, strength focused questions
- Reflect protective factors you hear
- Give guidance on what's going on

Goal

Normalize the positive
reinforce strengths,
and support growth

Relationships

Who do you like spending time with?
Do you have a best friend?
Does your family eat together at least once a day?

Reinforce the importance of trusted relationships. Affirm caregivers who prioritize connection. Offer resources for peer or mentor support.



Engagement

Are you involved in any teams or clubs?
What are some of your extra-curricular activities?
Do you have a family tradition? Which is your favorite?

Encourage participation in interest-based clubs, faith or cultural communities. Share ideas for affordable, accessible activities.



Emotional Growth

What is your favorite thing about yourself?
When you feel upset, what helps you feel better?

Normalize emotional ups and downs. Encourage caregivers to reflect and name strengths. Offer strategies to support emotional regulation.





Pediatrics Cheat Sheet

Relationships

Ask about friends or mentors. Celebrate trusted adults and friendships; recommend peer programs if needed.

Environment

Ask where the child feels safe. Discuss safety, routines, and access to basic needs; connect to community supports if gaps appear.

Engagement

Encourage group activities like clubs, sports, faith and cultural programs. Encourage establishing and celebrating traditions.

Emotional Growth

Reflect and share strengths. Validate and normalize emotions, highlight resilience, and give one positive strategy.



Quick Question Card

Simple prompts to weave HOPE into your routine:

- “What do you like most about school?”
- “Who do you feel close to?”
- “What do you enjoy doing outside of school?”
- “Who can you talk to if you need help?”
- “What is something you are proud of?”