

HOPE is Everywhere: Blooming in Everyday Moments

This resource was created for home visitors to identify and affirm aspects of families lives through the HOPE framework to foster wellbeing, even in the face of adversity. Even when risk factors are visible, families continue to show resilience. Home visitors can help families recognize their strengths and resources by naming them out loud.



Relationship

Safe and supportive relationships within the family and with other children and adults.

- **Attachment and trust** - Secure relationships with caregivers help children feel safe and valued.
- **Supportive connections** - Positive ties with peers, teachers, mentors, and community members expand a child's network of care.
- **Consistency** - Reliable, ongoing relationships provide stability in times of uncertainty.
- **Modeling and guidance** - Adults demonstrate coping strategies, empathy, and problem solving, which children learn through observation.
- **Belonging** - Relationships foster a sense of inclusion and identity, reinforcing that children are part of a caring community.

Guidance and Examples

What to look for:

- Caregivers share joy in playful or silly moments.
- The child has adults who respond warmly and help them name feelings.
- The child has opportunities to play with other children at home, childcare, or in the community.

Ways to Reflect on Strengths:

- "I noticed how your baby look right at you when you talked, she clearly feels safe with you."
- "It is clear how much your kids rely on you. That bond is a real strength in this family;"
- "Even with everything going on, your relationship with your child shines through."

Environment

Safe, equitable, and stable environments where children can live, learn, and play.

- **Safety** - Children thrive when their surroundings protect them from harm and provide stability,
- **Equity** - Environments should ensure fairness and access to resources, regardless of background or circumstance,
- **Stability** - Consistent routines and reliable living conditions help children feel secure.
- **Opportunities to live, learn, and play** - Environments should nurture growth by offering spaces for education, recreation, and healthy development.

Guidance and Examples

What to look for:

- Resources are available to help reduce environmental stressors.
- Families are supported with resources that promote a healthy environment; Safe living spaces, nutritious food, and access to healthcare.
- Families are connected with schools that promote learning, belonging, and positive relationships.

Ways to Reflect on Strengths:

- “You have created a cozy sleeping space for your baby, that shows how much thought you have put into keeping her safe.”
- I see how carefully you have arranged things here. That takes effort, especially with so much on your plate.”
- “Have have made this space feel like home for your kids.”

Engagement

Opportunities for social and civic engagement to develop a sense of belonging and connectedness

- **Community participation** - Involvement in local activities, events, and organizations that build connection.
- **Cultural expression** - Opportunities to celebrate traditions, language, and identity.
- **Civic involvement** - Experiences that allow children and families to contribute to decisions and feel heard.
- **Sense of belonging** - Feeling included and recognized as part of a larger community.
- **Agency and voice** - Encouraging children and families to express opinions, make choices, and influence outcomes.

Guidance and Examples

What to look for:

- Children take part in family cultural traditions, foods, and celebrations that help them feel included.
- Encouraging a child to help with household tasks to feel like a valued member of the family.
- Encouraging connections with at least one adult or activity outside of the home.

Ways to Reflect on Strengths:

- “I love how you talk to your baby while you change him, that is building his brain.”
- “You have kept bedtime routines going even during stressful times. That consistency matters so much.”
- “I notice you making sure she gets to school, that is an important protective factor.”

Emotional Growth

Opportunities for emotional growth where children feel supported through difficult events and emotions.

- **Self-awareness** - Developing the ability to recognize one's own feelings and needs.
- **Self-regulation** - Learning strategies to manage stress, frustration, or disappointment constructively.
- **Resilience** - Building the capacity to recover from setbacks and adapt to challenges.
- **Empathy** - Understanding and responding to the emotions of others, fostering compassion, and connection.
- **Confidence** - Gaining a sense of competence and belief in one's ability to handle difficulties.

Guidance and Examples

What to look for:

- Consistent and nurturing routines.
- Children have opportunities to share their voices and express themselves.
- Positive encouragement is regularly offered.

Ways to Reflect on Strengths:

- “You gave him a choice about the toy, that supports his confidence.”
- “The way you comforted her when she was upset helps her learn about feelings.”
- “You have set clear limits with love, that is a real strength.”