

HOPE Framework Observation

Guide for Home Visitors

Healthy Outcomes from Positive Experiences (HOPE) focuses on identifying and nurturing the building blocks of well-being. Your observations are key to understanding family strengths. Look for evidence of the Four Building Blocks:

RELATIONSHIPS - Look for signs of connectedness and love.



- Visual Cues: Family photos displayed, pictures of friends, spiritual/religious imagery, images of mentors or community groups.
- Handmade Items: Quilts, knitted/crocheted blankets or clothing, framed children's art—especially items gifted or made with/for someone.
- Pet Interactions: Photos of pets, pet toys/beds, observe gentle and responsive care for animals.
- Conversation Cues: How family members refer to supportive others. Note stories shared about people who care for them.

Observer's Note: "I see the quilt from grandma on the couch. Tell me about her."

ENVIRONMENT - Observe the safety, stability, and enrichment of the physical and emotional space.



- Safe & Engaging Spaces: Designated, safe sleeping space for baby. A defined area for play with age-appropriate toys. Baby-proofed zones where exploration is encouraged.
- Areas for Attention: Identify spaces that may need restriction (ungated stairs, uncovered outlets) and note them for supportive conversation.
- Nurturing Atmosphere: Presence of plants, natural light, comfortable and welcoming furniture. Organized spaces that reduce clutter and chaos.
- Personalization: Decor that reflects family identity, culture, or interests (posters, artwork, colors).

Observer's Note: "I notice this cozy corner with your baby's toys and the soft rug. It's great she has this safe spot to explore."

3. ENGAGEMENT - Look for evidence of interests, play, and participation in family or community life.



- Hobbies & Projects: Visible books, knitting/crocheting supplies, art materials, musical instruments, puzzles, or craft projects.
- Recreation: Board games, video game consoles, sports equipment, dance shoes.
- Rituals & Routines: Evidence of family meals, bedtime routines, or shared activities (e.g., a puzzle left on the table)..
- Community Connection: Flyers for local events, library books, uniforms for clubs/teams.

Observer's Note: "You have quite a collection of cookbooks here! Does the family like to try new recipes together?"

4. EMOTIONAL GROWTH - Observe cues for self-regulation, curiosity, and interpersonal emotional skills.



- Non-Verbal Cues (Parent/Child):
 - Body State: Relaxed posture, shaking leg, fidgeting, clenched hands.
 - Soothing Behaviors: How a parent rocks or pats the baby, self-soothing techniques (deep breath, sipping water).
 - Vocal Quality: Volume, pitch, and pace of speech. Soothing, singing, or animated tones.
- Physiological Signs: Cadence of breath (even vs. rapid), facial expressions.
- Interpersonal & Cognitive Cues:
 - Curiosity & Agency: Questions asked, engagement with recommendations, problem-solving approach.

- Stress Management: Verbalizing feelings, taking a break, asking for help, using humor.
- Partner Communication: Observing respectful turn-taking, supportive gestures, shared eye contact, and collaborative problem-solving.

Observer's Note: "I noticed you took a deep breath when the baby got fussy. That seemed to help both of you reset. What other strategies help in those moments?"

How to Use These Observations

- Strengths-Based Lens: Frame observations as noticed strengths. *"You've created a very warm and personalized home."*
- Open-Ended Questions: Use observations to spark dialogue. *"Tell me about this picture..."* or *"I see your crochet project, how does working on that make you feel?"*
- Link to Building Blocks: In your notes and planning, connect observations to the HOPE framework (e.g., "Relationship strength noted: strong evidence of extended family support through photos and handmade items.").
- Goal-Setting: Use identified strengths as a foundation for setting goals. A parent engaged in a hobby (Engagement) can be supported in finding moments for self-care (Emotional Growth).

Your Role: You are a strengths-spotter. By observing and naming these positive experiences, you help families recognize and build upon their own foundations for resilience and well-being.

