

## 8. Reflection

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### *Skill Areas:*

- contemplation
- self-awareness
- curiosity
- professional/personal development
- emotional response

### *As Demonstrated by:*

- Regularly examines own thoughts, feelings, strengths, and growth areas
  - Seeks the ongoing support and guidance of the supervisor to:
    - Ensure that the family’s progress and issues are communicated and addressed
    - Determine actions to take
    - Help maintain appropriate boundaries between self and families
  - Seeks a high degree of agreement between self-perception and the way others perceive him/her
  - Remains open and curious
  - Identifies and participates in appropriate learning activities
  - Keeps up-to-date on current and future trends in child development, behavior, and relationship-focused practice
  - Uses reflective practice throughout work with infants/young children and families to understand own emotional response to infant/family work
  - Understands capacity of families to change
  - Recognizes areas for professional and/or personal development
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