

## **A Guideline for the Family Mentor Program**

The Family Mentor Program is one component of the MCH LEND Program, which is a 300-hour commitment of time over the academic year. Our MCH trainees spend these required hours on clinical preparation, interdisciplinary team functioning, seminar dialogues, health care systems, family mentor, community activities and services, discipline supervision and research.

The Family Mentor aspect comprises **10, 20, or 40** student hours, depending on the student's goals. The following is a guideline, or sample of ways in which these hours might be spent:

**Participating in home life** -- interacting through play with child(ren), helping with homework, spending time in sibling interactions, helping prepare a meal with family, talking with parent(s) through questions provided to students in the MCH handbook.

**Community interactions with family** -- accompany the family to buy groceries, shop or run errands, attend a recreational activity with family, such as Farmer's Market, trick-or-treating, a birthday party, a sporting activity, eating at a restaurant, or going with the family for a walk.

**Accompany parent(s) and child to a setting where services are being provided** -- school, Dr.'s appointment, therapy, childcare.

**Arrange to visit child in his/her school setting**, if given the opportunity, and attend an IFSP or IEP or other conference held with early intervention or early childhood, or in their school.

**Attend a parent support group, or other organization** the family belongs to, if this is an opportunity.

### **Respite:**

Have alone time with child(ren) while parent does other things in the home, or provide respite while parent(s) not in the home, if parents, student, (with their supervisor and the Family Facilitator's input) decide this. Students should spend at least one month in the home first, so parents and student can get to know each other, and the student has a clear understanding of safety concerns, procedures, and emergency information (form available in student room) while parents are away.