

## Guide to the Family Mentor Experience

As part of your family mentor experience, record your reflections to the following questions at the end of your interaction or visit. It should take you about 15 minutes. Use this as a guide for your own thoughts and observations, as well as a way to share your experiences with us as you learn about your family and what family-centered care may mean from their perspective.

**Weekly Journal**

Date: \_\_\_\_\_

1. What did you do (types of activities/experiences)?

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2. Who or what made an impression on you and why?

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3. What surprised you?

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4. What did you wonder about?

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5. What challenged you?

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6. What barriers did you perceive?

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7. What did you do that you felt good about?

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8. What worried or troubled you?

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Trainee Name \_\_\_\_\_

Adapted from: IDTrain Program/Guide/2004

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