



Open-Ended Questions for Home Visits



These questions can help guide conversation and ensure that important topics are discussed at home visits. Please feel free to use your own words to ask these questions and to pick the topics that feel most important for the family you're working with.

Parenting

- Think back to your week...
 - What has been the best part of parenting (child's name) this week?
 - What has been the hardest part of parenting this week?
 - Describe a time that made you smile or laugh...
 - Describe a time that frustrated you, pushed you to your limits...
- What is something you noticed about your baby/child since we last met?
- What is something new (child's name) is doing this week?
- What about your parenting are you most proud of since we last met?
- What interactions do you wish you could change? What would you do differently?
- What are some specific parenting issues you want to talk about today?
- How has your parenting been impacted by your use/recovery this week?

Expecting Parents

- How are you feeling? Physically? Emotionally?
- What supports do you have in place? What things do you still need?
- How can I support you in completing a Family Care Plan (Plan of Safe Care)?
- What are some questions we might be able to explore together?
- Share with me some hopes for your birth experience... let's create a birth plan...
- What are you most excited about? What is the most scary or stressful?

New Parents

- How are you feeling? Physically? Emotionally?
- How have you/your partner been healing/adjusting since birth?
- How has your baby been feeding/sleeping/soothing?
- How have you been with meeting your own basic needs? (sleep, eating, hygiene, self care)
- How has your recovery shifted since becoming a parent?



Open-Ended Questions for Home Visits *continued*

- How have your older children (if applicable) been adjusting?
- What has been the most surprising? What has been your favorite thing about becoming a new parent?
- What questions or concerns might you have related to your parenting this week?
- What supports do you have in place? What has been the most helpful and why? What else do you feel would be useful?
- Share with me any concerns or questions you have...

Recovery

- How are you feeling in your recovery this week? (physical, emotional, psychological, spiritual)
- What supports have been useful? (daily practices, gone to a group, asked for help, etc.)
- If you've had thoughts about using, or just felt on edge, what was happening leading up to that feeling? What do you think might have caused that?
- What have you done to take care of yourself?
- How do you know when you are doing well? How do you know when you need more support?
- How have you been feeling in terms of your medication (MOUD or other)?
- What are some other self-care practices that would be useful or that you've been wanting to try?
- What (if anything) is holding you back from getting the support you need or maintaining progress/recovery?
- What are you doing well? What are you doing differently at this time?
- What are some things you're learning or noticing about yourself in this process?
- How do you feel your use/recovery is impacting your parenting?
- What questions or concerns might you have related to your recovery this week?
- What can I and/or your other service providers do to better support you in your recovery?

Care Coordination & Concrete Needs

- How have your other services been this week?
- Which of your service providers would it be useful for me to connect with? What specifically would you like us to check-in about?
- What questions or concerns might you have related to your care coordination or concrete needs this week?
- What resources, parenting items, or basic needs can our program support you with?

