Parents Interacting with Infants (PIWI)

**Fidelity Journal**

*Developed by the Nebraska PIWI Trainer Team - Adapted from fidelity journal of ©Circle of Security International 2016 Lead Developer Deidre Quinlan*

# Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How to Use This Journal

There are two parts to the fidelity journal: the checklist and the journal. For each session of PIWI (1-9) there is a checklist and three options for journal prompts. After each session you will have the opportunity to reflect on some of the key experiences of facilitating the session through the checklist and then provide a longer narrative about one specific concept. Near the end of your first class (session 6 or 7), you will be asked to share your fidelity journal with a PIWI trainer to walk through how things are going, receive some feedback, and have the opportunity to ask questions. The fidelity journal is no way meant to be punitive or cause stress, it is meant as a tool to help facilitators reflect on the key strategies of PIWI and to increase fidelity to the model.

**Scheduling your fidelity visit**

After you have completed your third session, please contact Nikki Roseberry ([nroseberry@nebraskachildren.org](mailto:nroseberry@nebraskachildren.org)) or Christen Million ([cmillion@nebraskachildren.org](mailto:cmillion@nebraskachildren.org)) to schedule your fidelity visit, which will occur during your 6th or 7th session. This is required for all new facilitators implementing PIWI for the first time.

**Checklist**

In this packet there is a checklist for each session of PIWI. It lists questions in four categories: preparation, supporting the group, use of PIWI strategies, and reflection. The questions in all of the categories stay the same for each session, with the exception of the ‘use of PIWI strategies’ section, which changes week to week.

**Journal**

The journal is the opportunity for facilitators to put into words some of the experiences within the class and their reactions to it. It is important to consider how you are feeling, which skills are going well and which may not be. You are encouraged to choose a topic from the list provided each week and spend a few minutes reflecting on that topic and how it applied to that week’s session. Journals are not required to be a specific length, but we do ask that facilitators take the opportunity to reflect on their experience in a way that is helpful for them.

Definitions of journal topics:

**Relationship Focused Practices** – Relationship focused practices help build emotional connections between caregivers and their children. These practices have special meaning to the people involved and create memories related to the bond shared by the people in the relationship.

**“Being with”** – ‘Being with’ others is taking the approach of following the lead of the members of the group and first trying to see the situation through their eyes, considering their current situation, history, and mindset. It also includes being empathetic to the feelings of others by being vulnerable enough to connect the way that someone else is feeling to the part of you that has experienced that same feeling. You may never have experienced food insecurity, but you can connect to the feelings of helplessness and frustration that might come with that circumstance.

**Positive Intentionality** – Positive Intentionality is the mindset of first believing that other people have positive intentions and are doing their best, rather than the mindset that others and intentionally being difficult or not trying.

**Dyadic Strategies** – Dyadic Interaction Strategies are alterations or additions that the adult intentionally uses during adult-child interactions to facilitate a better match with the child and to foster his/her development

**Triatic Strategies** – Triadic Interaction Strategies are those used by the facilitator during parent-child interactions to expand and build interactions that are pleasurable for both partners and supportive of children’s development, while also recognizing and strengthening the natural competence of parents as they interact with their children.

**Week One**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I was able to support group members in the way that I want them to support their children through the use of triadic strategies. | 1 | 2 | 3 | 4 |
| 9. I was sensitive to my own ‘in the moment’ internal experiences and used them to help make sense out of the experiences of group members and the group process. | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* Relationship focused practices
* “Being with”
* Positive Intentionality

**Week Two**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I was able to support group members in making guesses about their child’s behavior or interests at the beginning of the session, then had the opportunity to debrief these guesses at the end. | 1 | 2 | 3 | 4 |
| 9. I was able to support the dyads to help caregivers and children to experience mutual enjoyment | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* Relationship focused practices
* “Being with”
* Dyadic Strategies

**Week Three**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I was able to offer developmental information that enhanced the competence of caregivers. | 1 | 2 | 3 | 4 |
| 9. I was able to use triadic strategies to expand and build interactions that are supportive of children’s development and pleasurable for both caregivers and children. | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |
|  | 12. Please reach out to your PIWI Trainer to get your fidelity visit scheduled, which will occur in your 6th or 7th session of PIWI |  |  |  |  |

Complete a Reflective Diary Entry on one of the following topics:

* Relationship focused practices
* “Being with”
* Triadic strategies

**Week Four**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I discussed ways that information discussed during the session could be carried over to the home environment. | 1 | 2 | 3 | 4 |
| 9. I was able to build the confidence of the group by noting their strengths and helping them grow in the areas they already do well. | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* Relationship focused practices
* Positive Intentionality
* Developing Confidence in Caregivers

**Week Five**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I kept the parent-child relationship at the center of all of the activities and discussions. | 1 | 2 | 3 | 4 |
| 9. I encouraged mutual enjoyment between caregivers and their children. | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* Relationship focused practices
* Positive Intentionality
* Developing Mutual Enjoyment in Caregivers and Children

**Week Six**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I am respectful of the boundaries set by families, such as giving them enough space, asking before touching their belongings, and allowing them to share as much or as little as they are comfortable. | 1 | 2 | 3 | 4 |
| 9. I think about the ways that outside factors, such as history, life condition, and age, might influence the group and vary my teaching style and interactions to account for these factors. | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* Relationship focused practices
* Positive Intentionality
* Developing Competence in Caregivers

**Week Seven**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I find and praise strengths of the caregiver and the dyad to increase confidence on the group. | 1 | 2 | 3 | 4 |
| 9. I encourage caregivers to read the child’s messages and respond to them to create mutual enjoyment | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* “Being with”
* Positive Intentionality
* Dyadic Strategies

**Week Eight**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I schedule the developmental topics for sessions based on the interests, strengths, and experiences of the group. | 1 | 2 | 3 | 4 |
| 9. I gently point out to caregivers when I notice messages or emotions from their children that they may have missed. | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* “Being with”
* Positive Intentionality
* Triadic Strategies

**Week Nine**

Reflect on your session – 1 (rarely) to 4 (almost always)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Preparation | 1. Prior to group, I took time to review the goals and DOT so that I could settle my mind and was able to be fully present and engaged. | 1 | 2 | 3 | 4 |
| 2. I feel confident in the use of the materials and of my use of the schedule and transitions | 1 | 2 | 3 | 4 |
| 2a. Did you do all scheduled pieces of the DOT for the day? | Yes | No |  |  |
| 2b. Were all your materials set up before parents arrived? | Yes | No |  |  |
| Supporting the group | 4. I provided structure by starting and ending groups on time, keeping the flow of the material going, and working to make room for everyone to speak. | 1 | 2 | 3 | 4 |
| 3. I was able to remain nonjudgmental even when I was struggling with my own feelings. | 1 | 2 | 3 | 4 |
| 5. I was able to find positive intentionality toward each group member. | 1 | 2 | 3 | 4 |
| 6. I was able to create a supporting environment where group members experienced safety and security within the group. | 1 | 2 | 3 | 4 |
| Use of PIWI strategies | 7. During the group, I observed participants appropriately using concepts and building connections between the developmental topic and their lives in a way that shows me they “get it”. | 1 | 2 | 3 | 4 |
| 8. I set expectations for what our last session will be like together and what will happen next. | 1 | 2 | 3 | 4 |
| 9. I recognize, label, and acknowledge the emotional responses of caregivers and children as the group comes to an end. | 1 | 2 | 3 | 4 |
| Reflection | 10. In reflection, I was able to identify moments that were hard for me as a facilitator. | 1 | 2 | 3 | 4 |
| 11. In reflection, I was able to identify my strengths as a facilitators and can think of ways to use those strengths when facilitating the next session. | 1 | 2 | 3 | 4 |

Complete a Reflective Diary Entry on one of the following topics:

* “Being with”
* Positive Intentionality
* Closing Out/Saying Goodbye