

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Multiple options for achieving goals have been generated by parents and practitioners and evaluated together.
- Preferred SMARTER strategies that make best use of parent strengths, knowledge and expertise have been prioritised.
- Parents possess a clear, realistic plan to achieve the most important SMARTER goals.
- Potential obstacles to Implementation have been identified, explicitly discussed and addressed.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!