



## Problem-Solving with The Hourglass Method:

A parent development approach to coaching,  
home-visiting, and consulting

This handout will be used throughout our session to guide strategic reflection about your approach to helping parents navigate the problems and challenges they face in their parenting, and in supporting their children's development.

You are welcome to print this out and bring it with you. However, we will have copies there for you, so it's not essential to bring your own. And if you like to work ahead, you can fill out the first question below.

See you soon,  
Heather and Jennifer

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### Your Needs Assessment

What I find challenging about problem-solving with parents is:

## One Problem with Problem Solving

Our attempts to help parents problem-solve can leave all of us feeling dissatisfied, and the problem unresolved.

When we \_\_\_\_\_, our intention is often to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Unfortunately, what's missing is \_\_\_\_\_, which can undermine parent's decision making and limit their ability to be sensitive and responsive to their children.

As a result, the problem persists and the relationship experiences more rupture.

## Problem Solving with The Hourglass Method

The Hourglass Method is a tool to guide your problem-solving process in a way that supports parents in reflective thinking, self-awareness, and perspective-taking.

Through this process, parents arrive at new insights about the problem that were not immediately obvious, which helps them and you clarify the most effective action.

This is powerful because \_\_\_\_\_.

## Your Meaningful Insights

These insights will help me address what I find challenging about problem-solving: