

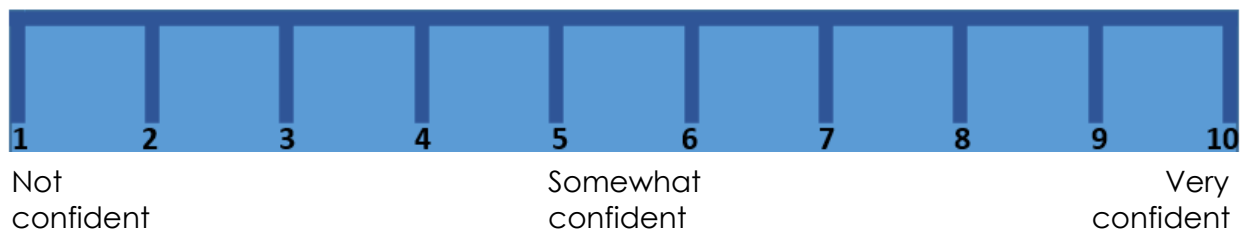
Goal Setting

Online Training Activity

The home visitor can guide a discussion toward the pregnant woman or parent identifying a goal they feel they can successfully implement to improve their oral health or the oral health of their family. When using motivational interviewing skills and partnering with families, the home visitor can support the family's efforts in achieving their oral health goals.

GOAL SETTING ACTIVITY

This activity is designed to help the home visitor gain experience in using a confidence scale. Using a confidence scale can assist the home visitor in assessing pregnant woman or parent confidence, motivation and readiness toward making an oral health behavior change.



You have been discussing oral health with Wendy who is three months pregnant. Wendy has chosen a goal to make a dental appointment with a dentist. During your conversation you noticed that Wendy seemed a bit unsure about receiving dental care during pregnancy. You decide to move the conversation forward using a confidence scale to explore Wendy's confidence, motivation and readiness to make a dental appointment.

Choose the best answer to the following question:

1. Which question might you ask Wendy to assess her confidence toward making a dental appointment?
 - A. Are you planning to make a dental appointment?
 - B. Why haven't you seen a dentist?
 - C. On a scale of 1 to 10, with 1 being not confident and 10 being very confident, how confident are you that you can make a dental appointment?
 - D. Did you know that the American Dental Association recommends you see a dentist while you are pregnant?
2. What made you choose your answer in the above question over the other answers?

Online training modules 1 and 4 and accompanying videos, addressed partnering with families and goal-setting. Now it is your turn to practice goal setting using the following steps:

Step 1: Find a partner to form a group of two.

Step 2: Designate one individual as Wendy and the other as the home visitor.

Step 3: Have Wendy tell the home visitor the oral health goal she has chosen.

Step 4: Next the home visitor asks Wendy,

“On a scale of 1 to 10, with 1 being not confident and 10 being very confident, how confident are you that you can [insert goal]?”

Step 5: Continue the conversation using open-ended questions, affirmations, reflective listening and summary.

Tip: If Wendy has chosen a 5, the home visitor might continue the conversation by asking Wendy, *“Why did you choose a 5 and not a 1 or 2?”*

3. Reverse roles and choose another oral health goal.

