

Mandatory Reporters: CHECKING YOUR BIAS

Think About What You Believe

A “normal” family and “normal” behaviors may look different from person to person, culture to culture, and family to family.

It's okay to have our own thoughts and expectations, but it's important to stop and think:

- Am I being fair?
- Where does my perception of “normal” come from?

If you're worried about how someone is acting, instead of thinking “what's wrong with them?” try to think “what has happened to them that's causing them to react this way?”

Show parents the strengths and potential you see in them and their family, it can really make a difference.



Washington State Department of
CHILDREN, YOUTH & FAMILIES

Listen First, Reflect Often

Before you give advice or decide what's going on, take time to really listen to the family's story, it can help you understand them better.

When you're worried about a child, ask:

- Can I help this family or find someone who can?
- Do I know what's really going on?
- Are my own feelings changing how I see this?
- Do I know about their culture or how they live?
- Am I being kind and fair when I talk?
- Am I thinking about what's best for this family?
- Am I treating them fairly, no matter what happened before?



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