

A portrait of my learning at work

Learning Statements	Regularly	Often	Some times	Rarely
My learning				
I reflect on what works well in my day-to-day practice.				
I observe other colleagues in their practice.				
I record what I am learning from my day-to-day practice.				
I seek feedback from other colleagues about my practice.				
I clarify expectations about my role with colleagues.				
I clarify expectations about my role with family members.				
I do my own professional reading.				
I participate in professional development in my own time.				
I use mentoring to improve my practice.				
I feel confident in dealing with families.				
I use forms of reflection to improve my practice.				
I use published research to improve my practice.				
My learning with and from others				
I get together, informally, with others to share ideas.				
I give feedback to other colleagues about their practice.				
I have structured time to share ideas with others.				
I visit other Maternal and Child Health centres.				
I discuss key challenges with families.				
I look to other Maternal and Child Health centres for good ideas to improve my practice.				
I participate in enquiry groups that look at a particular area of need for our centre.				
I get together with other non-Maternal and Child Health professionals to problem-solve a situation.				
I involve family members in improving my practice.				
I learn from the families I work with.				
I decide with others what type of professional development to use.				