

Parent's Stage of Change and Motivational Tasks for Child Welfare Workers		
Parent's Stages of Change		Motivational Tasks for Child Welfare Worker
Precontemplation	No perception of having a problem or need to change	Increase parent's perception of the risks and problems with their current behavior; raise parent's awareness about behavior
Contemplation	Initial recognition that behavior may be a problem and ambivalence about change	Foster and evoke reasons to change and the risks of not changing; help parents see that change is possible and achievable
Decision to Change	Makes a conscious determination to change; some motivation for change identified	Help parent identify best actions to take for change; support motivations for change
Action	Takes steps to change	Help parent implement strategy and take steps
Maintenance	Actively works on sustaining change strategies and maintaining long-term change	Help parent to identify triggers and use strategies to prevent relapse
Lapse or Relapse	Slips (lapses) from a change strategy or returns to previous problem behavior patterns (relapse)	Help parent re-engage in the contemplation, decision, and action stages
Adapted from Breshears, Yeh, & Young (2004).		