



HFA Live 2026: Weaving our Stories

Every other year, Healthy Families America, the national evidence-based home visiting model, hosts a three-day virtual conference to bring together staff, leaders, parents and supporters from across the HFA network to learn together and connect.

Parents planning to attend HFA Live will find useful information, opportunities for professional development and engaging conversations across the entire schedule of sessions for HFA Live. The HFA Parent Advisory Committee has identified the following conference sessions as topics that may be of particular interest to HFA Parents.

[Parents can register for HFA Live by clicking here!](#)



Sessions Selected by HFA’s National Parent Advisory Committee

All session times are shared in the Central time zone, check out a [time zone converter](#) to confirm times where you are!

Birth Stories and Identity in Home Visiting - Kristy Fernandez

Wednesday, October 28th at 4:00 pm Central

Birth is more than a medical event; it is often the first story families tell about becoming parents. This interactive session explores how birth narratives influence the transition into parenthood and how home visitors can support families in reflecting on and reclaiming their birth stories. Participants will hear reflections from both parents and direct service staff that highlight the powerful role storytelling can play in building connection, resilience, and trust. Attendees will learn practical, trauma-informed

strategies as we explore how holding space for birth stories can strengthen relationships, support parental identity, and help families begin their parenting journey with greater confidence and connection.

What would you do? Decision-making and Ethical Dilemmas -Jon Korfmacher and Jennifer Baquedano

In English: Tuesday, October 27th at 2:30 pm Central

En español: Tuesday, October 27th at 1:00 pm Central

Home visitors are often faced with difficult decisions in their work with families when there is not a clear "right" or "wrong" course of action, but where the home visitor must make a choice. What can home visitors rely on to make these decisions? In this interactive session, attendees will engage with vignettes related to clinical and ethical dilemmas in home visiting and will consider responses together. Researchers from Chapin Hall will present results from a project that brought home visitors and supervisors together in multi-session workgroups to support decision making in these ethically challenging situations.

Los visitantes al hogar frecuentemente se enfrentan con decisiones difíciles en su trabajo con las familias, especialmente cuando no existe una respuesta “correcta” o “incorrecta” que sea clara y deben tomar una decisión basada en su juicio profesional. ¿En qué se pueden apoyar los visitantes del hogar para tomar esas decisiones? En esta sesión interactiva, los participantes analizarán situaciones relacionadas con dilemas clínicos y éticos en las visitas al hogar y reflexionarán conjuntamente sobre posibles respuestas. Investigadores de Chapin Hall presentarán los resultados de un proyecto que reunió visitantes del hogar y supervisores en una serie de grupos de trabajo diseñados para apoyar la toma de decisiones en situaciones éticamente complejas.

Strategies and Resources for Effective Conversations about Kids and Screens -Chase Davenport

Thursday, October 29th at 1:00 pm Central

While digital technology has become a common part of daily family life, many caregivers and professionals struggle with how to balance screen use with the developmental needs of infants and young children. This session will explore the growing role of screens in the lives of young children and the implications for early brain development, social-emotional growth, and caregiver child relationships. Through a combination of research, program data and parent perspectives, attendees will explore practical ways home visitors can engage families in supportive conversations about screen use without judgment. Expect to walk away with strategies to promote responsive interactions, strengthen caregiver confidence and center human connection and play.

Rupture and Repair: Tools for Building Connection and Emotional Safety – Amy King

Wednesday, October 28th at 4:00 pm Central

Ruptures, misunderstandings and breakdowns in communication are normal and inevitable events in relationships. They happen between caregivers and children, home visitors and families, and even among professionals working together in support roles. Yet many adults experience these moments as failure, rather than as opportunities for growth and reconnection. In this presentation Dr. Amy King will explore the importance of recognizing relational ruptures and intentionally offering repair as a way to strengthen trust, resilience, emotional safety, and connection. Attendees will leave with practical strategies, usable language, and renewed confidence in helping families understand that mistakes do not end connection. When adults model repair, they offer children one of the most powerful lessons of all: relationships can be repaired, trust can be rebuilt, and it is never too late to reconnect.

Weaving Stories of Survival, Recovery, and Parenting in Home Visiting – Nathalie Valenzuela

Wednesday, October 28th at 1:00 pm Central

The 5 Chapter Parent Story Framework is a practical tool that helps parents reflect on their journey through five narrative anchors. This interactive session will explore how story-telling, reflective listening and strength-based responses can support parents in recognizing their resilience and reclaiming their voice. Through real world examples and interactive exercises, attendees will learn how this structured approach can help engage parents reflect on their experiences, engage with their stories and envision what comes next.

Engaging Parents through Storytelling – Patricia Brady

Tuesday, October 27th at 1:00 pm Central

Every parent, in every program has a story to tell. In this session, Dr. Brady will look at the critical role of home visitors in engaging parents in services. With decades of professional experience, the presenter will share first hand stories of parent engagement, identifying the social skills around engagement. Attendees will also consider the significance of parent stories and their own stories to consider how it impacts their work. With examples and hands-on practice, the session will pull together the stories across the parallel process that lead to successful parent engagement.

Centering Caregivers in Conversations about Challenging Behaviors – Kendall Appell

Thursday, October 29th at 2:30 pm Central

Challenging behavior is often one of the most emotionally charged topics that comes up in home visiting. This session invites participants to reframe “challenging behavior” as a child’s language of distress while also making space for the caregiver’s experience of that distress. Participants will learn how to use a consultative voice to explore caregivers’ perspectives, deepen understanding, and collaboratively consider next steps—rather than defaulting to advice-giving. Drawing on brain science and current data on behavior change, session includes video examples and caregiver perspectives that highlight how it feels to be met with curiosity instead of correction. Finally, we will consider how home

visitors can use their knowledge of the brain to regulate themselves and remain grounded in a consultative stance.

Connection in Chaos: Co-Regulation and the Power of Play During Crisis – Zoe Lemme

Wednesday, October 28th at 1:00 pm Central

This interactive workshop examines how stress and trauma influence early child development and family relationships, highlighting both the challenges of adversity and the hope made possible through neuroplasticity. Participants will explore the essential roles of co-regulation and play in fostering connection, healing, and resilience during times of stress or crisis. The session also emphasizes the power of Positive Childhood Experiences as protective factors that strengthen family well-being and support healthy developmental outcomes. Participants will learn and practice a three-step strategy that helps strengthen empathy, build co-regulation skills, and deepen caregiver-child connections.

Building Parent Voice and Leadership: Successes and Lessons Learned in New Hampshire – Eva Thurston

Tuesday, October 27th at 2:30 pm Central

Parent voice and parent leadership are essential to the success of HFA programs. State leaders from New Hampshire's MIECHV team will share the story of their development of a State Parent Advisory Board to guide program improvement. Attendees can expect to hear from parent and program leaders about the process to welcome parents and engage them as partners at the state level, to explore practical ways to intentionally include parent perspectives in decision making and to reflect on strategies for growth.

Brillo bilingüe: Cómo convertir tus habilidades lingüísticas en superpoderes profesionales – Sarai Perez

Thursday, October 29th at 2:30 pm Central

El personal bilingüe aporta mucho más que habilidades de traducción: aporta perspectiva cultural, conexión, adaptabilidad y potencial de liderazgo. Esta sesión ayudará a los profesionales bilingües a reconocer el valor de sus habilidades lingüísticas, fortalecer la confianza para usarlas en el trabajo y explorar cómo el bilingüismo puede mejorar la comunicación, ampliar oportunidades profesionales e impulsar el crecimiento en sus carreras. Las personas participantes saldrán con estrategias prácticas para abrazar sus habilidades bilingües como un verdadero superpoder en el ámbito laboral.

English description (session in Spanish only)

Bilingual staff bring more than translation skills—they bring cultural insight, connection, adaptability, and leadership potential. This session will help bilingual professionals recognize the value of their language abilities, build confidence in using them at work, and explore how bilingualism can strengthen

communication, expand career opportunities, and advance professional growth. Participants will leave with practical strategies for embracing their bilingual skills as a true workplace superpower.

Hard Conversations in Home Visits: Parent Perspectives – two PAC members and their home visitors

Thursday, October 29th at 1:00 pm Central

Home visitors know the feeling, those visits where you know you are going to have to get into a conversation about a challenging topic. We may hesitate, out of fear of making the parent uncomfortable, or feeling uncertain that we have the skills to be successful. In this session, parents and their home visitors will reflect together on real life examples of some of those visits, those tough conversations, and what it was like for each of them. Attendees will engage in a reflection about trust and authenticity, deepening relationships and increasing our comfort with discomfort.

For more information about registering for HFA Live as a parent, selecting breakout sessions, or anything related to the conference, reach us at HFAMail@preventchildabuse.org

