

## What I Learned Today

This is an optional activity for facilitators and participants to quickly assess opportunities for follow-up support at the end of a Let's Talk training. The activity will help find participants' strengths and areas where you can offer follow-up support. The information can be used for follow-up activities or to strengthen your community's *Circle of Support* by identifying resources.

### Materials:

Let's Talk – *Recommendations Stickers*

Let's Talk – *What I Learned Today Poster*

Pen, pencil, or marker

### Closing Activity

Before the training:

- Print out the Let's Talk – *Recommendations Stickers* on 1 ½ x 2 13/16 inches sized address label paper.
- Print out the Let's Talk- *What I Learned Today* poster or create a poster using the example T-chart included in this toolkit.
- Place poster on the wall near the classroom exit.
- Place a table next to the poster with stickers and markers or pens.

At the closing of the training:

1. Tell participants, "Please complete the final activity so that I can support your work using the Let's Talk Approach. Before we depart, please review the Safe Sleep infographic, and take a moment to consider two statements.
  - a. "I feel very confident having a safe infant sleep conversation about (pick one or more) recommendations."
  - b. I could use some support or resources for (pick one or more) recommendations."
2. Next, ask participants to stop by the table near the exit and select the stickers for topics they identified earlier.
3. Then, ask participants to include their name on the stickers/topics that they feel confident having responsive conversations about with parents and caregivers.
4. Lastly, ask the participants to place their sticker on the corresponding part of the poster's "T-chart."

### Use the results to plan follow-up activities.

You can use the poster and its stickers to identify participants who are confident in recommendations and follow-up by asking them to be a resource to other participants and within your community's *Circle of Support*. You can also use the poster to identify topics you can reinforce with follow-up activities. Follow-up activities may include:

- Emailing the participants with additional resources;
- Connecting participants with each other for peer support; or
- Hosting a Let's Talk reunion virtual call to reinforce topics.













































