

Values Clarification Worksheet

As you reflect on what you have learned about the field of child life and your experiences so far, consider what are your expectations about being a child life specialist?

Write at least 2 statements that describe your beliefs (what you hold to be true) about the work of a child life specialist.

I believe every child facing hospitalization, illness, disease, or any other challenging circumstances that could possibly impact their ability to thrive and develop, has the right to receive child life services, regardless of economic status.

I believe child life specialists must always be willing to expand their knowledge on the practice and child development, while also reflecting on and revising their own beliefs that they hold in order to provide the best care possible to the families they interact with.

Think about what is important to you about those beliefs and write statements about your values.

The lifelong pursuit of knowledge regarding children and their ability to cope with difficult situations and how it impacts their development is essential to better the practice of child life.

Reflecting and eliminating any personal biases one might hold is a never-ending process that the child life specialist practicing must always work to eliminate.

What thoughts do you have about child life work? What do you tell yourself to expect from this profession?

I expect to help families who are experiencing immeasurable grief and provide them with the skills to hopefully help them cope the best way possible with their challenges.

I expect to encounter difficult situations where I will have to set aside my own emotions in order to provide the best care possible.

I expect to always be open and willing to take suggestions from my colleagues so I can become a better child life specialist.

What *feelings* do you have about child life work or what you expect from this profession?

I feel nervous and excited to begin my career as a child life specialist, and I expect to gain confidence through my practicum and internship.

I feel I have taken every opportunity that has been presented to me so far to expand my experience with children, and I expect to take on more opportunities that allow me to make an impact on children.

I feel I might be intimidated by my colleague's experience when entering the profession, I expect to become more confident in myself by furthering my studies on child development.

Setting aside the ACLP code of professional practice for a moment, what are your personal *ethics* for child life work, your rules for how a child life specialist should behave?

Child life specialists should approach every situation with an open mind setting aside personal beliefs.

If a child life specialist encounters a situation that they believe is in conflict with their own beliefs it is their duty and responsibility to educate themselves further. If they are unable to do so, they must inform someone while taking every opportunity possible to educate themselves to eliminate this problem in the future.

Child life specialist's must always prioritize and advocate for the needs of children and their families to their medical team.

What are your *actions*, what do you do and say, related to your expectations about being a child life specialist?

My actions will always align with my own ethical values, even if it means initiating difficult conversations with others involved with a child's treatment.

I will use my knowledge to engage in rational decision making based on scientific evidence and developmental theories.

I will use my experience and knowledge as a child life specialist to educate and support others entering the profession.

My overall position on my expectations about being a child life specialist looks like:

I believe in approaching every situation with an open mind, while also demonstrating compassion when educating families and advocating for them. I will use my knowledge and experience to train and educate others entering the profession in order to expand the practice of child life while also advocating for our careers to others who may not be aware of our services. I will set aside any personal beliefs I possess, putting the needs of children first; even if that means engaging in difficult conversations.