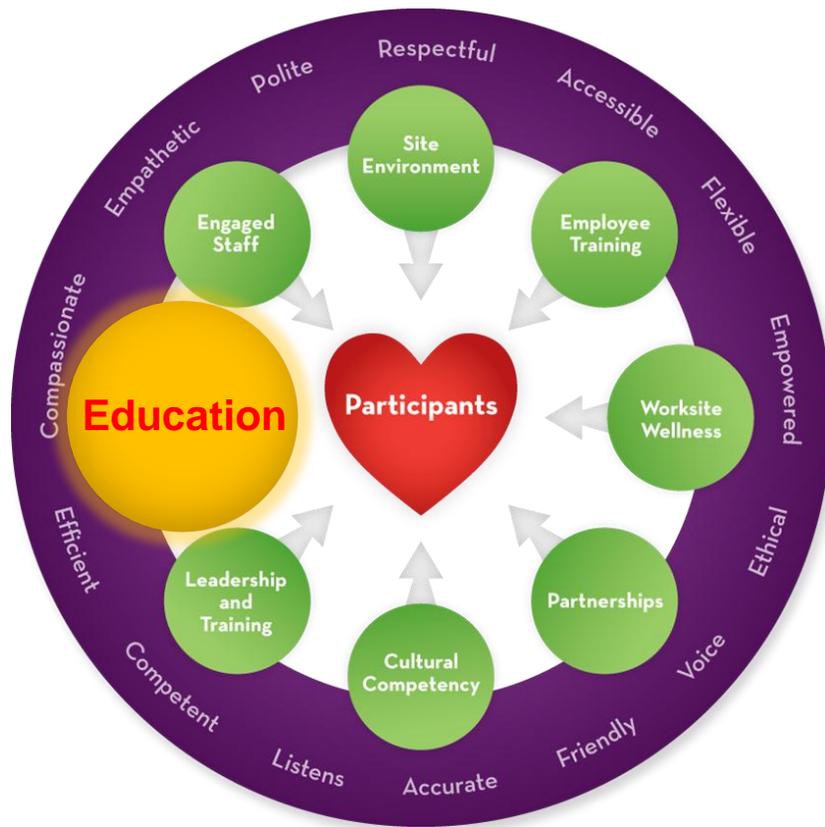


Explore Offer Explore

Participant Centered Education

Trainee Workbook





In PCE, the method of providing information or advice is called "Explore-Offer-Explore".

Explore when you provide information or advice. . .

Check in with your participant.

- What do you already know about...?
- Is there a reason you want to know more about...?
- Do you have any specific question(s)?

This can help avoid sharing information they may already know, and helps to focus your education on what is most important.



Offer information. . .

- Ask permission, if participant agrees...
- Provide information, but limit it to the most important.



Explore after sharing. . .

Ask the participant for feedback on the information provided:

- What was new or useful, and
- How they might use it.

Remember, all our wonderful information or advice will be useless unless the participant can figure out how she might use it.

Activity: Practice

Explore Offer Explore	Technique	Examples	Practice
	<p>Ask what the participant:</p> <ul style="list-style-type: none"> • already knows • has heard, or • would like to know, about this topic 	<p>So, what have you heard about breastfeeding?</p> <p>What would you like to know about iron?</p>	
	<ul style="list-style-type: none"> • Ask Permission • Be Brief: Give one or two simple facts 	<p>Can I share with you what WIC recommends about this...?</p> <p>The Academy of Pediatrics recommends no more than 2 hours of TV watching/day.</p>	
	<ul style="list-style-type: none"> • Ask the participant for feedback on the new information and how or whether she might use it in the future 	<p>What do you think about this?</p> <p>How might you see yourself using this information?</p>	