

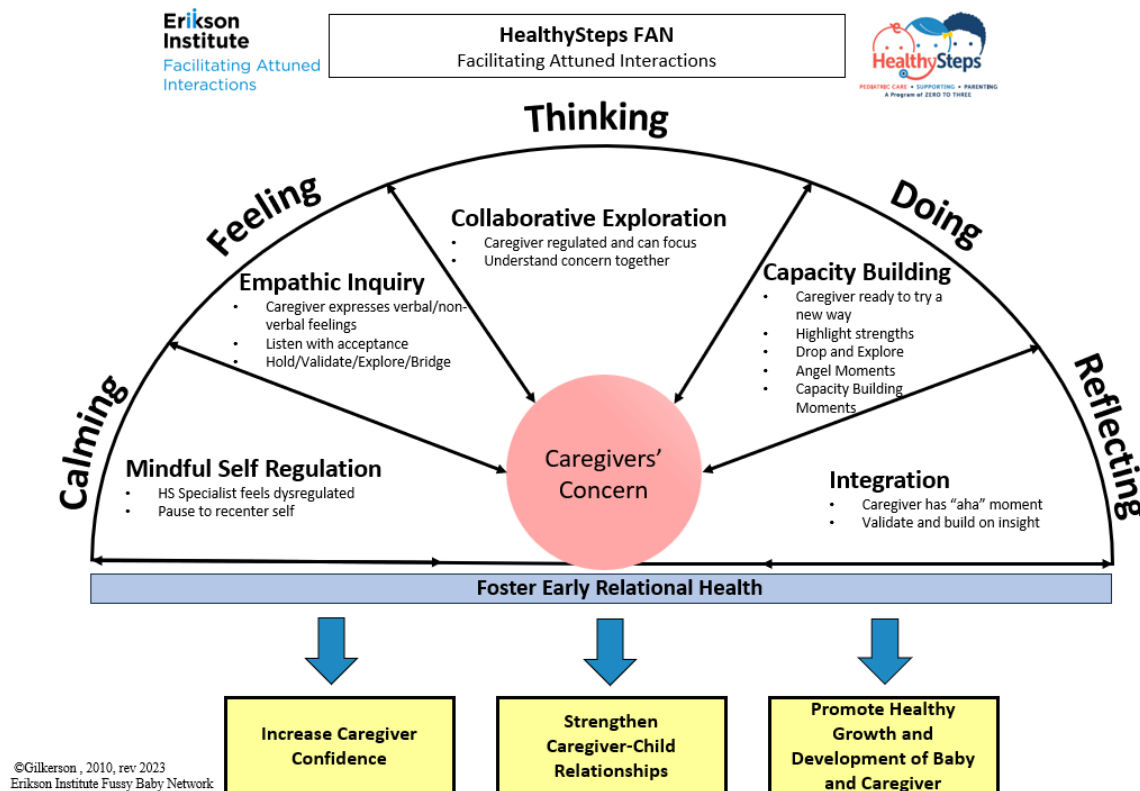
HealthySteps FAN Reflection Tool

Visit date: _____ Child's age: _____

Others present in room: _____

1. FAN and ARC of Engagement

a. Please mark up to two core processes where the caregiver was most on the FAN.



b. To which degree do you feel you and the caregiver were on the same page during the visit?

5. Always	4. Often	3. Sometimes	2. Rarely	1. Never	N/A
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c. Describe a moment where you felt you matched with where the caregiver was on the FAN.

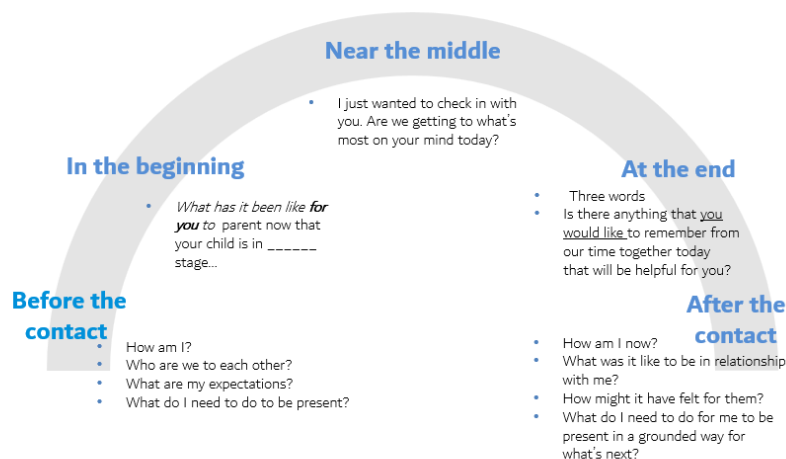
d. Describe any moments of mismatch. (Remember 70/30 - Mismatches and repair are a part of relationship building).

e. Looking back, would you do anything differently?

f. Were you able to do the following during this visit?

1. Use the Beginning Arc of the Visit “for you” question	Yes	No
2. Use the Middle Arc of the Visit question (“check in”)	Yes	No
3. Use the “3 words” Arc of the Visit question at the end	Yes	No
4. Ask caregiver’s what was most important at the end	Yes	No
5. Match caregiver’s cues to the core process needed in the moment	Yes	No
6. Use your pre-contact routine to center myself	Yes	No
7. Use your post-contact routine to process and prepare	Yes	No

ARC of Engagement



2. Mindful Self-Regulation

- a) Overall, how able did you feel to identify and regulate your reactions during this visit?
(Body sensations, feelings, thoughts/judgments, actions).

5. <i>Very able</i>	4. <i>Able</i>	3. <i>Somewhat able</i>	2. <i>Little able</i>	1. <i>Not at all able</i>	<i>N/A</i>
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- b) What MSR strategies, if any, did you use to regulate during this visit?

- c) How effective were these MSR strategies in helping you regain balance?

4. Empathic Inquiry

- a) Overall, how able were you to notice and respond to the caregivers' feelings during the visit?

5. <i>Very able</i>	4. <i>Able</i>	3. <i>Somewhat able</i>	2. <i>Little able</i>	1. <i>Not at all able</i>	<i>N/A</i>
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- b) Name two of the caregivers' more salient feelings during this visit:

- c) Which Empathic Inquiry strategies are you most comfortable with now?

- ☐ Holding Feelings
- ☐ Validating Feelings
- ☐ Exploring Feelings
- ☐ Bridging from Feelings

5. Collaborative Exploration

- a) Overall, how well do you feel you understood the caregivers' real concern during this visit?

5. <i>Very well</i>	4. <i>Well</i>	3. <i>Somewhat</i>	2. <i>A little</i>	1. <i>Not well at all</i>	N/A
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- b) Name the caregivers' real concern during this visit:

- c) Did your understanding of the caregivers' concern shift?

6. Capacity Building

- a) Overall, how able were you to recognize when caregivers were ready to receive information? (i.e., pacing it appropriately based on their cues?)

5. <i>Very able</i>	4. <i>Able</i>	3. <i>Somewhat able</i>	2. <i>Little able</i>	1. <i>Not at all able</i>	N/A
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- b) What were the cues that made you feel the caregiver was ready to receive information?:

7. Integration

- a) Overall, to what extent did the caregiver feel things were more understandable or manageable at the end of the visit?

5. <i>To a great extent</i>	4. <i>More</i>	3. <i>Somewhat</i>	2. <i>Very little</i>	1. <i>Not at all</i>	N/A
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- b) Did the caregiver have any "aha" moments? If so, what were they?

Thank you for your thoughtful work!