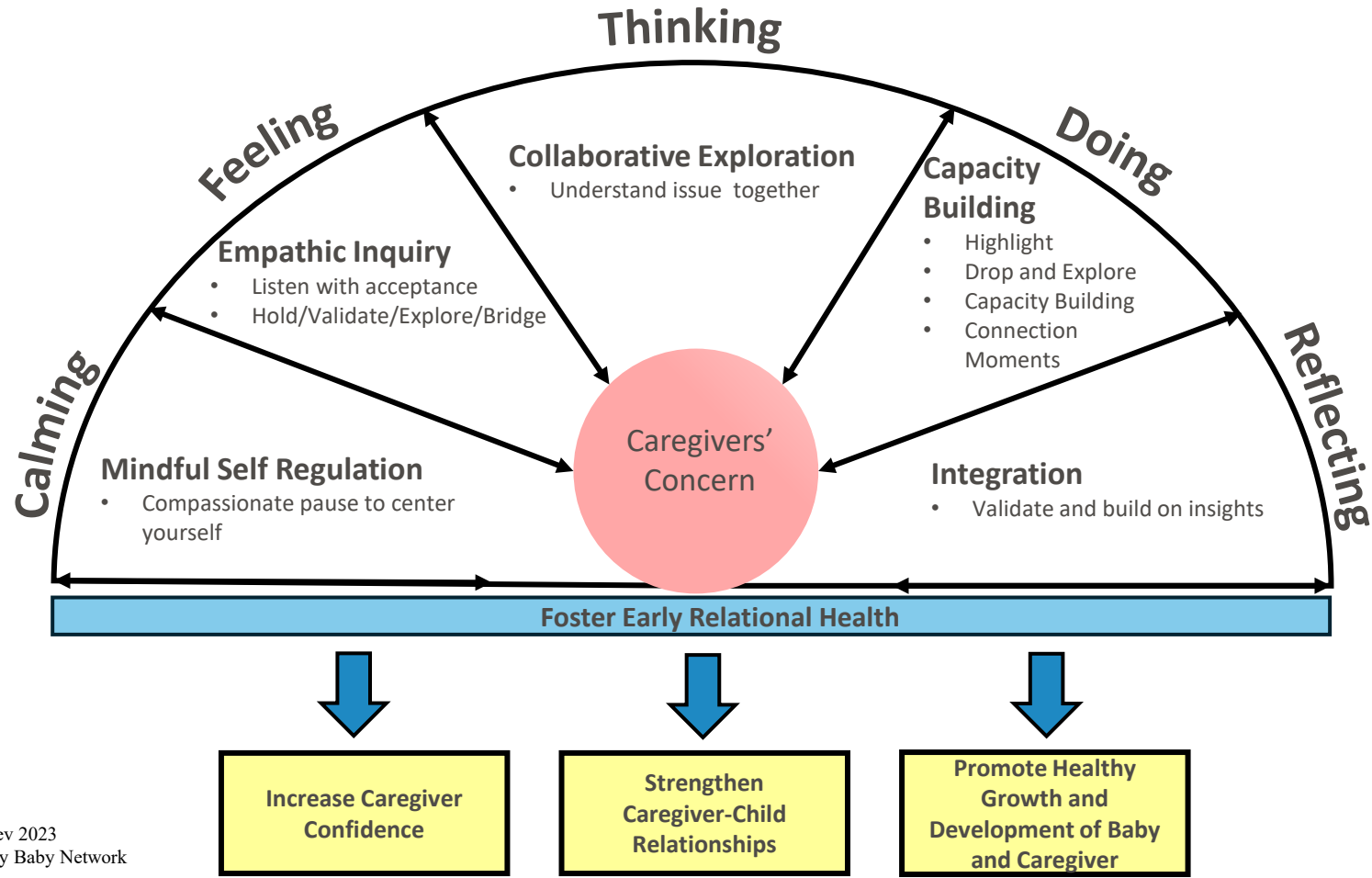


HealthySteps FAN

Facilitating Attuned Interactions



FAN Pocket Guide

ARC OF ENGAGEMENT:

Before: How am I? Who are we to each other? *What do I need to do to be fully present?*

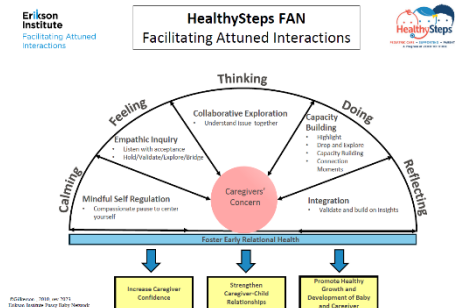
Beginning: What's it been like *for you* ...?

Middle: Have we gotten to what you *most wanted* to talk about?

End: Three words. What would you like to *remember* from our time together?

After: *How am I now? What do I need to do to be present for what comes next?*

MOVE on the FAN where the Caregiver needs you to go—Matching/Attunement Process



Observing – What does the caregiver need now?

Offering – Which process will match what the caregiver is showing me?

Checking – Is this working?

Re-attune – Moving on the FAN based on caregiver's response or my response (MSR)

MINDFUL SELF-REGULATION: Compassionate pause to center yourself

- Awareness of self (regulation/dysregulation); Balance: Strategies to bring awareness to the present; Connection: Reading the cues and decide where to move on FAN

EMPATHIC INQUIRY: “What has it been like *for you*?”

- Listen with acceptance
- Hold, validate, explore, and/or bridge from feelings

COLLABORATIVE EXPLORATION: “Let’s think about this together”

- See the baby that the caregiver sees
- What do you think is happening? What’s your hunch?
- What have you tried? What helps, even a little? What does not help? Why might that be?
- What are the views of other people who are important to you?
- What would you like to see change?
- If we could focus on one thing today, what would that be?
- How ready do you feel to start? Or is it just helpful for you to talk about it?
- What first small steps might you take?
- What would it be like for you to try these new ways?

CAPACITY BUILDING: Ready to learn or do

- Watch for and highlight what the caregiver is already doing to help
- Drop and Explore: Say it in one breath
- Capacity Building Moments:
 - MSR
 - Acknowledge: “This is the cry you were telling me about”.
 - Affirm: “Please feel free to do whatever you need to do?”
 - Support: “I’m here with you.”
- Connecting Moments: Protect/reflect affect (“glow with them”) when emotional connection is made

INTEGRATION: Building a Coherent Narrative

- Watch for, validate, and build on a caregiver’s discoveries/ “Aha!” moments
- What would you like to hold on to/remember from our visit? Three words.