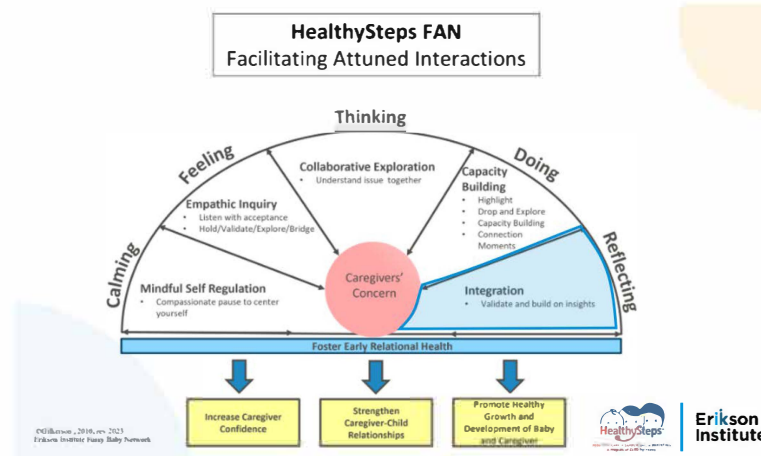


Integration

In integration, we are helping caregivers connect the dots by highlighting the changes that we see and linking them up to what the caregiver has done to have caused the change. It allows the caregiver to feel good about their efforts and helps build the caregiver's confidence and competence.

Cues that caregivers may be experiencing integration:

- Caregiver reveals insight or discovery through an “a-ha” moment.
- Caregiver says, “I am going to remember ____ from today’s visit.”
- Caregiver describes baby in three words at the end of the visit.
- Caregiver says, “I realized something about my baby, myself, my family, etc...”





Integration

Things to Remember About this Core Process:

Purpose:

- Give the caregiver an opportunity to reflect on the visit.
- Give the caregiver an opportunity to reflect on how they see their child.
- Increase and enhance reflective capacity in caregivers and families.

Theory:

- Through this self-reflection that comes from the caregivers (instead of an outside person), we believe that the caregiver is more likely to make movement towards change or trying something different.

HealthySteps Specialist Role:

- To *Prompt* and facilitate opportunities for reflection to occur, which happens at the end of the visit with the ARC questions;
- And to Watch for moments of reflection, discovery, and integration that come from the caregiver (s) throughout the visit and highlight them as they happen

We do this by being: Patient, Respectful, Open, Curious

Cues for this Process:

- The visit is ending
- The caregiver realizes or discovers something new or important, this can also be called an "Ah-ha Moment"

Some mismatches in the process include:

- Rushing the end of the visit
- Talking over and giving lessons to the caregiver
- Making a "to do" list for caregivers
- Reframing the caregiver's reflections
- Missing moments of caregiver insight or discovery