

FAN Core Processes: Cues Guide



Cues to go to Mindful Self-Regulation:

- HealthySteps Specialist feels strong personal reactions or feelings
- HealthySteps Specialist is distracted by own happy or sad memories or experiences
- HealthySteps Specialist senses their mind wandering or "spacing out"
- HealthySteps Specialist feels intense pleasure/excitement/pride about their role in the caregivers progress or discovery, and loses focus on parent
- Caregiver's emotions feel "too big" to manage
- Caregiver's or family's experiences feel chaotic or overwhelming

Cues to leave Mindful Self-Regulation:

- HealthySteps Specialist understands and can manage own personal reactions/ feelings
- HealthySteps Specialist understands and can manage own happy or sad memories or experiences
- HealthySteps Specialist feels calmer and present, and can focus on caregiver
- HealthySteps Specialist feels able and ready to re-connect with caregiver

Cues to go to Empathic Inquiry:

- **Caregiver shows feelings:** Caregiver is visibly upset, sad, crying, loud or angry voice, gestures, pacing, frantic movements; caregiver is laughing, excited, ecstatic, energetic movements; caregiver's mood seems different than usual
- **Caregiver shows absence of feeling:** Caregiver has a blank or "spaced out" facial expression, has withdrawn from contact with baby or other family members
- **Caregiver speaks using feeling words:** "It is so frustrating," "I can't wait to tell you what my baby did yesterday!", "I feel so helpless," "I can't believe this is happening to us," "I think my mom really does love us."

Cues to leave Empathic Inquiry:

- Feelings become less intense
- Caregiver shifts from withdrawal to making eye contact, interacting, and being present and connected
- Caregiver shows relief, seems calmer; caregiver is more like their usual self
- Caregiver wants to focus on child
- Caregiver does not want to talk about their feelings





Cues to go to Collaborative Exploration:

- Feelings are contained: caregiver is calm, makes eye contact, interacting with HealthySteps Specialist
- Caregiver can focus
- HealthySteps Specialist wants to understand the baby that the caregiver sees
- Sort out confusion or differing views

Cues to leave Collaborative Exploration:

- Feelings are taking over: caregiver becomes agitated or disengaged
- Mutual understanding between caregiver and HealthySteps Specialist
- Caregiver is ready to try something new
- Caregiver asks for or needs some information

Cues to go to Capacity Building:

- Caregiver and baby are attuned to each other
- Caregiver asks for or needs information
- Caregiver is ready to try something new
- HealthySteps Specialist sees caregiver is struggling with an issue they have talked about in previous visits (Capacity Building Moment)

Cues to leave Capacity Building:

- Feelings are taking over: caregiver becomes agitated or disengaged
- Caregiver seems confused or unsure
- Caregiver shows or communicates new understanding
- Caregiver shows that they "get it"



Cues to go to Integration:

- Visit is ending
- Caregiver realizes something important
- Caregiver has an insight or discovery for themselves or their baby

Cues to leave Integration:

- Visit is **not** ending and:
- Feelings are taking over: caregiver becomes agitated, sad, or disengaged, or is excited, laughing, ecstatic
- Caregiver seems confused or unsure
- Caregiver asks for or needs information