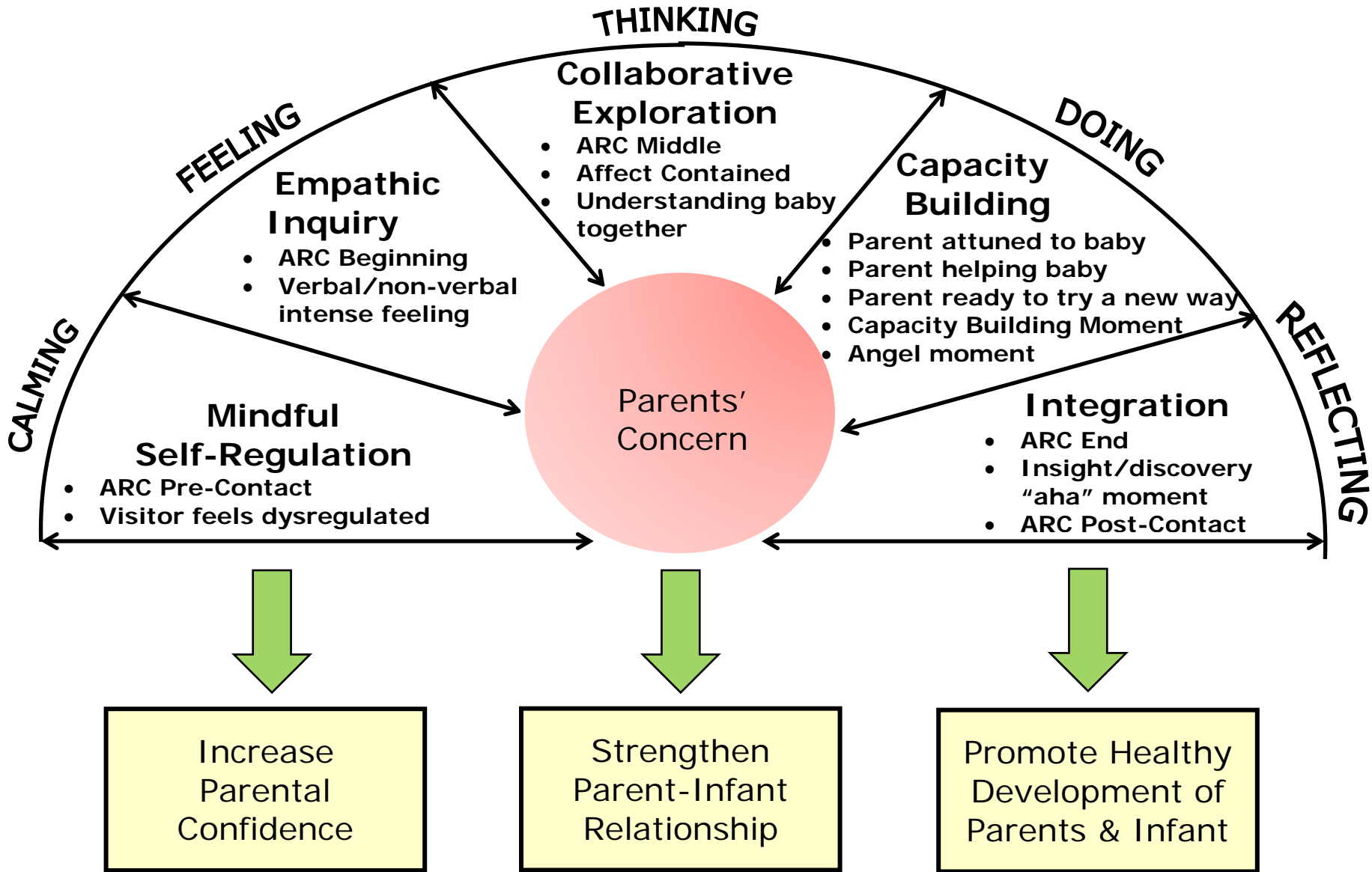


Fussy Baby Network® FAN

Facilitating Attuned Interactions

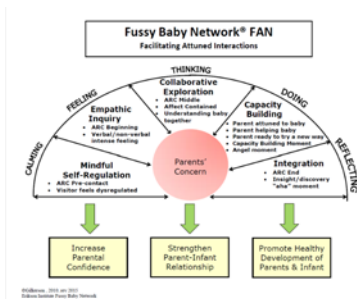


FAN Pocket Guide

ARC OF ENGAGEMENT:

- Pre:** How am I? *What do I need to do to be fully present?*
- Begin:** What's it been like *for you* to take care of your baby these past few _____?
- Middle:** Have we gotten to what you *most wanted* to talk about?
- End:** If you were to describe baby in *three words* today, what would they be?
What would you like to *remember* from our time together?
- Post:** *How am I now? What do I need to repair or replenish?*

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: Be Fully Present

- **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
- Amplify positive feelings
- Accept, validate, explore, and/or contain negative feelings
- Validate and explore both sides of ambivalence

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

- SEE THE BABY THE CAREGIVER SEES: Tell me more ...
- What do you think might be causing the concern?
- What have you tried? What helps, even a little? What does not help? Why might that be?
- How do you know things are going well? When things are getting harder?
- What are the views of other people who are important to you?
- How ready do you feel to start?
- What first steps might you take?
- What would it feel like (be like) for you to try these new ways?

CAPACITY BUILDING: “Support during action”

- MAGIC QUESTION: What’s your hunch?
- WATCH FOR and HIGHLIGHT what caregivers are already doing to help
- OFFER A DROP OF INFORMATION AND EXPLORE: Say it in one breath
- FUSSY BABY/CAPACITY BUILDING MOMENTS:
 - **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.”
- ANGEL MOMENTS: Protect/reflect affect when emotional connection is made

INTEGRATION: Building a Coherent Narrative

- Watch for and validate caregiver’s discoveries/Ah-ha moments
- What would you like to hold on to/remember from our visit? Three words.