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?

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

Observing – What does the parent need now?
Offering – Which process will match what the parent is showing me?
Checking – Is this working?
Re-attune – Moving on the FAN based on parent’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
  o Amplify positive feelings
  o Accept, validate, explore, and/or contain negative feelings
  o Validate and explore both sides of ambivalence

COLLABORATIVE EXPLORATION: “Let’s think about this together”
• SEE THE BABY THE PARENT 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 parents are already doing to help
• OFFER A DROP OF INFORMATION AND EXPLORE: Say it in one breath
• FUSSY BABY/CAPACITY BUILDING MOMENTS:
  o Acknowledge: “This is the cry you were telling me about”.
  o Affirm: “Please feel free to do whatever you need to do?”
  o 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 Parent’s Discoveries/Ah Ha Moments
• What would you like to hold on to/remember from our visit? Three words.

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