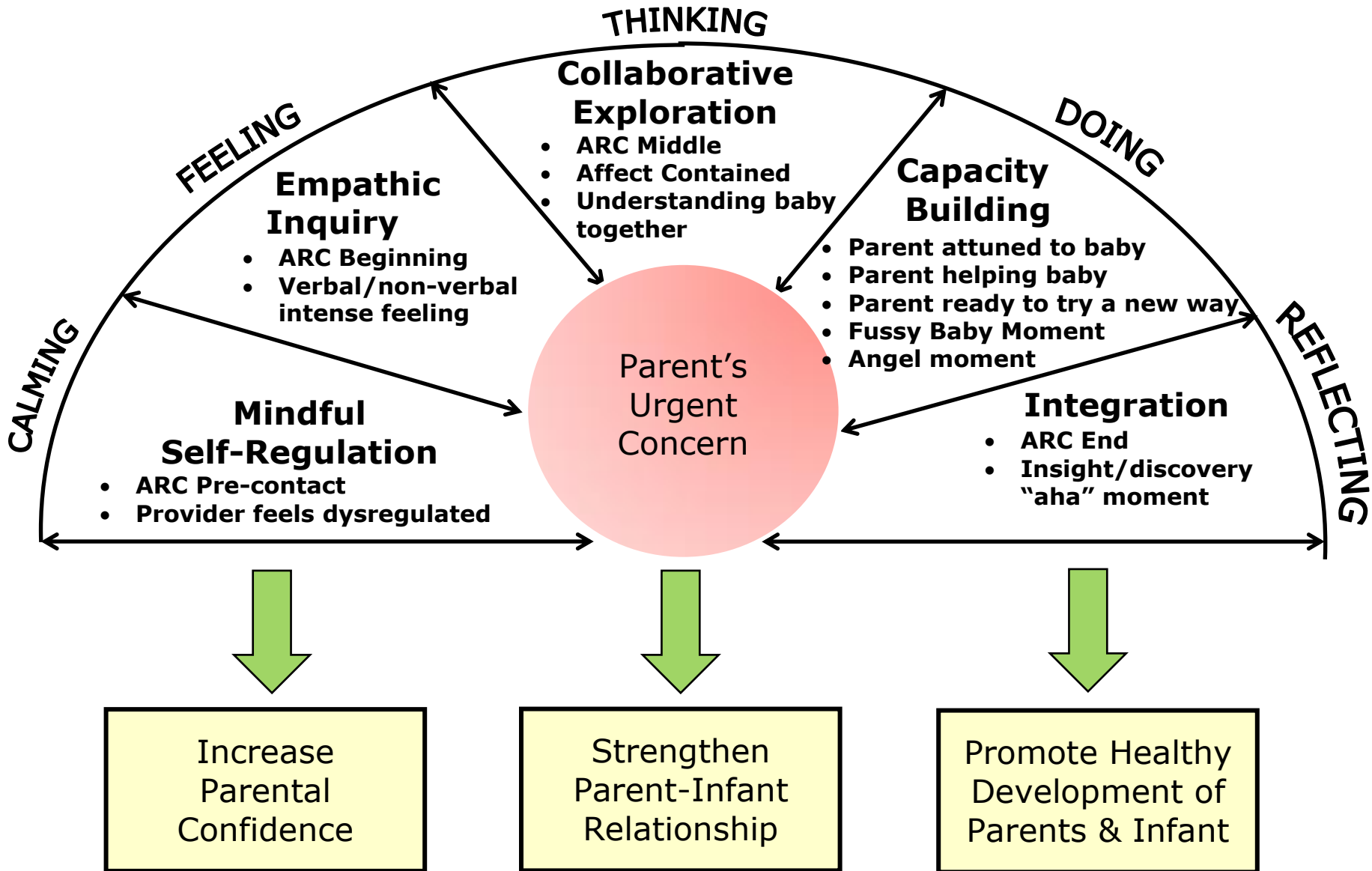


# Fussy Baby Network® FAN

Facilitating Attuned Interactions

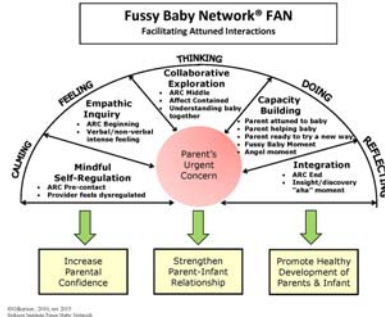


# FAN Pocket Guide

## 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?

## 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
  - 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 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:
  - **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 Parent’s Discoveries/Ah Ha Moments
- What would you like to hold on to/remember from our visit? Three words.