



FAN Core Processes:

Cues Guide



Cues to go to Mindful Self-Regulation:

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

Cues to leave Mindful Self-Regulation:

- *Home visitor understands and can manage own personal reactions/feelings
- *Home visitor understands and can manage own happy or sad memories or experiences
- *Home visitor feels calmer and present, and can focus on parent
- *Home visitor feels able and ready to re-connect with parent

Empathic Inquiry

Cues to go to Empathic Inquiry:

- *Parent shows feelings: parent is visibly upset, sad, crying, loud or angry voice, gestures, pacing, frantic movements; parent is laughing, excited, ecstatic, energetic movements; parent's mood seems different than usual
- *Parent shows absence of feeling: parent has blank or "spaced out" facial expression, has withdrawn from contact with baby or other family members
- *Parent 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
- *Parent shifts from withdrawal to making eye contact, interacting, and being present and connected
- *Parent shows relief, seems calmer; parent is more like her/his usual self
- *Parent wants to focus on baby
- *Parent does not want to talk about feelings



Cues to go to Collaborative Exploration:

- *Feelings are contained: parent is calm, makes eye contact, interacting with home visitor
- *Parent can focus
- *Home visitor wants to understand the baby that the parent sees
- *Sort out confusion or differing views

Cues to leave Collaborative Exploration:

- *Feelings are taking over: parent becomes agitated or disengaged
- *Mutual understanding between parent and home visitor
- *Parent is ready to try something new
- *Parent asks for or needs some information



Cues to go to Capacity Building:

- *Parent and baby are attuned to each other
- *Parent asks for or needs information
- *Parent is ready to try something new
- *Home visitor sees parent struggling with an issue they have talked about in previous visits (Capacity Building Moment)

Cues to leave Capacity Building:

- *Feelings are taking over: parent becomes agitated or disengaged
- *Parent seems confused or unsure
- *Parent shows or communicates new understanding
- *Parent shows that she/he "gets it"



Cues to go to Integration:

- *Visit is ending
- *Parent realizes something important to them or their baby
- *Parent has an insight or discovery

Cues to leave Integration:

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