FAN
Facilitating Attuned Interactions

Calm
Mindful Self-Regulation
- ARC Pre-Contact
- Visitor feels dysregulated

Empathic Inquiry
- ARC Beginning
- Verbal/non-verbal intense feeling

Collaborative Exploration
- ARC Middle
- Affect Contained Understanding baby together

Think
Thinking
- Parent attuned to baby
- Parent helping baby
- Parent ready to try a new way
- Capacity Building Moment
- Angel moment

Parental Confidence
- Increase

Infant Relationship
- Strengthen Parent-Infant

Healthy Development of Parents & Infant
- Promote

Reflect
Integration
- ARC End
- Insight/discovery “aha” moment
- ARC Post-Contact
**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?
- **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**

**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.

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