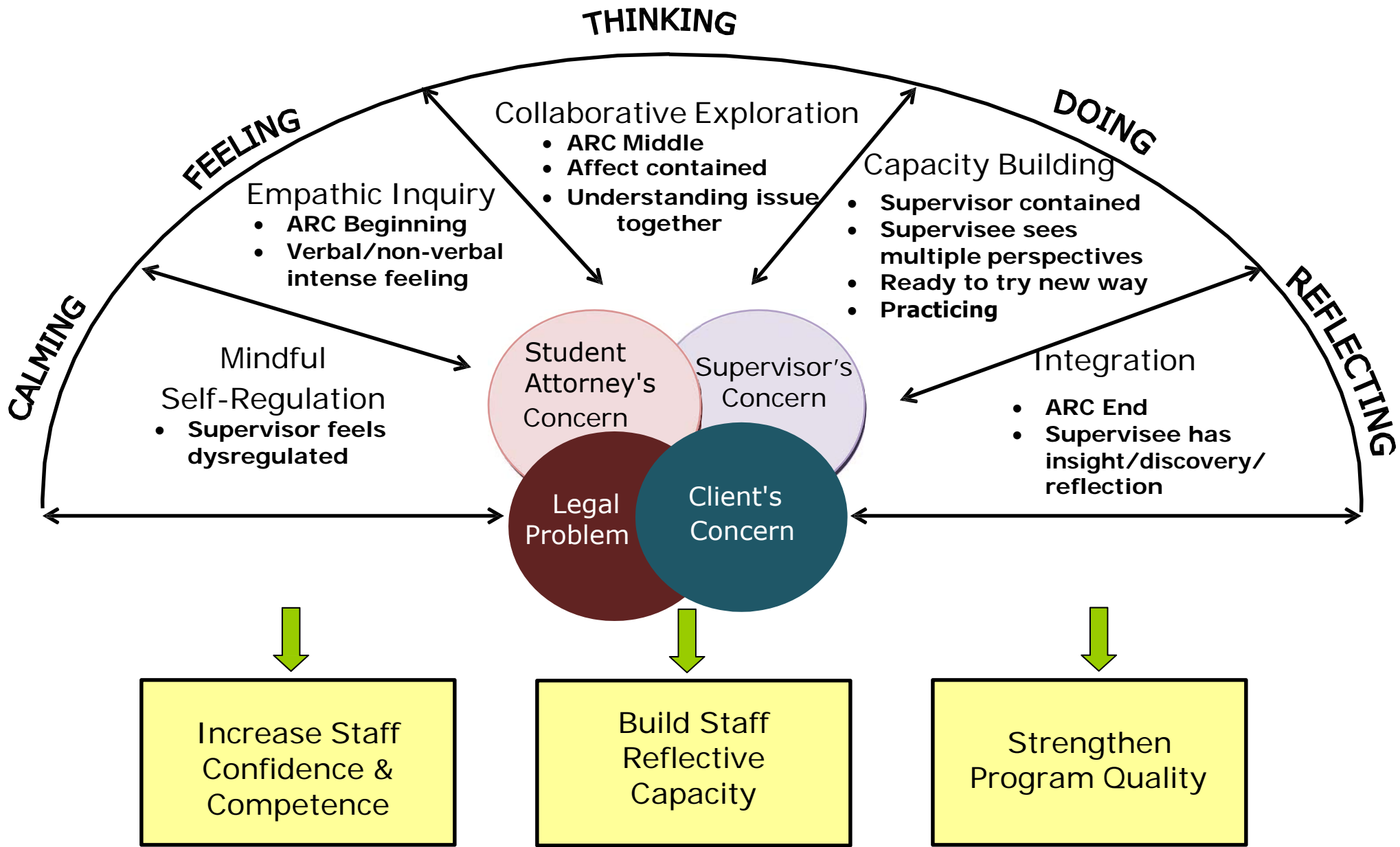


Fussy Baby Network[®] Student Attorney Supervisor FAN



Fussy Baby Network Supervisor FAN Pocket Guide

Things to remember in Blended Supervision

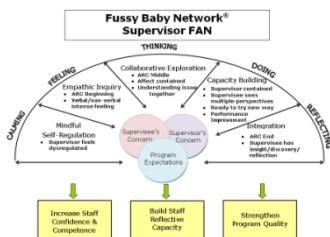
ARC of Engagement

- Pre-Contact:** How am I? *What do I need to be fully present?*
- Begin/Agenda Setting:** How has the week been *for you* as a home visitor/practitioner?
What would you like us to focus on? Where should we start? Here's something I'd like us to discuss.
- Middle:** I want to check in with you. Are we covering what we need to cover?
- End:** What would you like to remember from our time together today?

Move on the FAN where supervisee needs you to go, also keeping in mind program expectations and your own concerns.

A Matching Process

- Observing:** What does the supervisee need now?
- Matching:** Which core processes will match what the supervisee is showing me?
- Checking:** Is this working? (For supervisee, program expectations, and me)
- Re-attune:** Moving on the FAN based on supervisee's or my own responses



MINDFUL SELF-REGULATION: *Be fully Present Using My MSR Strategy:* _____

Awareness of self (regulation/dysregulation); **Balance:** Strategies to bring awareness to the present; **Connection:** Reading the cues and deciding where to move on the FAN

- Do I feel in balance? Out of balance?
- What am I sensing in my body? What feelings are arising? What am I noticing about my thoughts? My actions?
- What urges do I feel? What do I feel pulled toward? Away from?

EMPATHIC INQUIRY: *Listening with Acceptance*

- “What was it like for you _____?”
- **Hold:** “Wow. I hear you.”
- **Validate:** “That sounds really frustrating.”
- **Explore:** “Can you tell me more about what that was like for you?”
- **Contain:** “I hear how hard this has been for you. Are we at a place where we can think together about next steps?”

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

- **First, see through the supervisee’s eyes.** “I really want to hear how you see this.”
- “Is this something you’d like to work on?” “What might be some first steps?” “What might it be like to try this new way?”
- I see how pressured you feel to find an answer. Let’s see if we can understand this better together.
- What do you think might be causing the parent to respond in that way?
- What have you tried so far? What seems to help, even a little bit?
- How do you think the dad/another caregiver sees things? What might be his perspective?
- Can you tell me more about how it went when you tried the new way?

CAPACITY BUILDING: *Support During Action*

- Highlighting:
 - Watch for and highlight supervisees effort
 - “You found just the right moment to offer her that resource.”
- Offer and Explore:
 - **Offer:** Information that is related to the supervisee’s concerns in small pieces (say it in “one drop” or “one breath”)
 - **Explore:** “Does that make sense to you? What do you think? Does that fit this family?”
- Capacity Building Moments:
 - **Acknowledge** the recurring issue
 - **Validate** effort
 - **Support:** “I’m here to support you.”
- Performance Improvement: Validate effort, share observation/concern, explore perspective, state expectation, generate possibilities, and develop & monitor plan

INTEGRATION: *Helping Supervisee Create a More Coherent Narrative*

- **Watch:** For and validate supervisee’s discoveries/ah-ha moments
- **Watch:** For moments of reflection and highlight them as they happen
- **Prompt:** Facilitate opportunities for reflection to occur. Ask last ARC Questions