For each letter of CHEEERS, document one example that illustrates the flavor of the home visit plus any notable or atypical behaviors (if observed) including frequency.

Accentuate the Positive is great to strengthen and PROMOTE any parent skill or strength observed during the home visit.

The remaining HFA Reflective Strategies are used to ADDRESS parent-child interaction, attachment and bonding based on CHEEERS observations.

Please note: the strategies listed for each area are provided as starting points. The remaining strategies, Family Values and What I’d Like for My Child activities as well as selected curriculum are additional tools to cultivate the growth of nurturing parent-child relationships.

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HFA Reflective Strategies at a glance

**Accentuate the Positive (ATP)**

1. Observe
2. Affirm
3. Share the impact

*Use any time & all the time a skill or strength is observed. Preferably at least 1 per home visit.*

**Explore and Wonder**

1. State the behavior you are concerned about
2. Be curious...Ask the parent what this behavior means
3. Share what you think the behavior might mean
4. Ask the parent what he/she thinks
5. Ask if parent would be willing to try it

*Use when a parent may have missed cues from his/her infant or child.*

**Strategic Accentuate the Positive (SATP)**

1. Identify a behavior you want to see more of
2. Observe
3. Affirm
4. Share the impact

*Use to support positive, nurturing and healthy parent behaviors and choices as well as to build parent self-esteem.*

**Normalizing**

1. Identify the belief mentally
2. Normalize it
3. Share research
4. Ask what parent thinks

*Use when a parent expresses an opinion or a traditional belief or practice that has the potential to be unhealthy or harmful.*

**Feel, Felt, Found, Would This Work for You?**

1. State the parent’s feelings
2. Share how you or others felt
3. Share what you or others found worked
4. Other options: Would this work for you?

*Use when a parent expresses a strong feeling or emotional reaction, to help label and support the parent in regulating their feelings.*

**Problem Talk**

1. Learn about the situation or problem and possible solutions by asking open-ended questions starting with the words:
   - Who...?
   - What...?
   - When...?
   - Where...?
   - How...?

*Use when the parent hands you a problem, when you have a concern to address and to learn more.*