### Strategies for Addressing CHEERS

**CUES**
What type of cues does baby give?
How does parent respond?
How does baby respond?
What is the frequency?

*Strategic Accentuate the Positive
*Explore and Wonder

**Empathy**
What feelings or needs does baby express?
How does the parent respond?
Whose needs come first?
What is the frequency?

*Explore and Wonder
*Feel, Felt, Found, Would this Work for You?

**Holding**
Describe one example of holding.
What is the quality of touch, spatial closeness?
How does baby respond?
What is the frequency?

*Strategic Accentuate the Positive
*Problem Talk

**Rhythmicity**
Is there a smooth give-and-take in the parent-child relationship?
Has the parent learned to match interactions with the child’s temperament?
What is the frequency?

*Problem Talk
*Normalizing

**Reciprocity**

*Strategic Accentuate the Positive
*Problem Talk

**Expression**
Was there a conversation between parent & baby?
How does parent vocalize in ways to support language development?
How does child respond?
What is the frequency?

*Strategic Accentuate the Positive
*Problem Talk

**Smiles**
How much joy is there between parent & child?
Are parent & child connecting through mutual play?
What is the frequency?

*Strategic Accentuate the Positive
*Problem Talk

---

**Healthy Families America**
healthyfamiliesamerica.org

Copyright 2016
**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.*