



HFA Reflective Strategies...At a Glance



Accentuate the Positives:

- Step 1: Observe**
- Step 2: Affirm**
- Step 3: Impact**

aTPs

Strategic Accentuate the Positives

- Step 1: Identify a behavior you want to see more of**
- Step 2: Observe**
- Step 3: Affirm**
- Step 4: Impact**

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

- Step 1: Identify parent's feelings**
- Step 2: Share how you or others felt**
- Step 3: Share what you or others found worked**
- Step 4: Other options: Would this work for you?**

**Feel
Felt
Found**

Explore and Wonder

eXPLORe

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

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wONDER**

Normalizing

- Step 1: Identify belief mentally**
- Step 2: Normalize it**
- Step 3: Share research**
- Step 4: Ask what parent thinks**

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NORMaL**

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