

Watch the Australian brain video. This video illustrates what people can notice “in-the-moment” vs. on video. Video recordings provide an ability to replay moments in order to go back and notice things we missed. This is why we also record ourselves – we can see so much when we watch our self-videos back that we are not aware of when we are doing PFR live.

Think about a time when something difficult happened in a home visit.

- What emotions did it bring up, what did it feel like in your body, what went through your mind?
- Think about how you responded in the moment – did you notice yourself shutting down or reacting and wanting to fix it?
- What strategy did you use or would have been helpful to use to manage your distress?
- As you think back, enter the world of the parent, what were they feeling or needing?
- What was the child feeling/needing?
- Whose perspective felt easier to align with?
- Is there anything you would say or do differently?