

## Tuning in Scenarios

The Tuning in skills require the child welfare professional to get in touch with actual and potential feelings/concerns/beliefs/values that they, as a professional, or a family member may bring to the helping encounter. While the concept may be straightforward, the situations to which the concept must be applied are not always so straightforward. Deciding what our potential feeling/concerns/beliefs/values may be and what we must do with them can be challenging.

Considering your assigned scenario(s), as an individual, answer the questions that follow. When everyone in your small group is done, hold a discussion in your small group surrounding what each person discovered/considered.

1. Smacking a 2-year-old on the behind with a wooden spoon;
2. Leaving a 9-year-old home alone after school from 3:00 until 7:00;
3. An 8-year-old child that still sleeps with his/her parents;
4. Breastfeeding a 3-year-old;
5. Drinking three or four beers and caring for a 2-year-old;
6. A homeless family residing in a tent in the summer; and
7. A caregiver smoking cigarettes in the home with children present.

**Tuning in to Self: the worker's efforts to get in touch with actual and potential feelings/concerns/beliefs/values that the worker him/herself brings to the helping encounter.**

Steps:

- a. Pause and reflect. "How can my cultural context affect my interactions with/understanding of the family and their situation?"
- b. Ask yourself, "What are my emotional, physical and cognitive reactions to this situation or family?"
- c. Ask yourself, "How will this reaction likely affect my actions?"

## Tuning in Scenarios (Cont'd)

- d. Ask yourself, "What is the primary outcome that I want right now in working with this individual?"
  
- e. Ask yourself, "What do I need to do with my reaction?"

**Tuning in to Others: the worker's effort to get in touch with the primary feelings and concerns that the family member(s) might bring to the helping encounter.**

**Steps:**

- a. What are this person's possible emotional, physical, and cognitive reactions to this situation? Example questions to discover this might include:
  - i. Why might they have those reactions?
  
  - ii. How can I check to make sure that I understand the reactions?
  
  - iii. What are the non-verbal/verbal behaviors I see that help me know this?
  
  - iv. What is the person saying that helps me know this?
  
  - iv. How can I let him/her know that I understand these feelings?