The Touchpoints Approach to Anticipatory Guidance

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Key features of Touchpoints Anticipatory Guidance

• Emphasizes **prevention**

• Supports **collaborative** partnership

• Takes advantage of **vulnerability**

• Uses the **assumptions** and **principles**
Normal Parenting and Development

Touchpoints Anticipatory Guidance by Professional

Developmental Derailment
A case:

• Imagine one of your cases that is difficult

• You know the family and have a visit coming up where you will want to give anticipatory guidance
Step 1 Reflection on Family

• What do you know about the family?
  – *What does that call up for you – both positively and negatively?*

• What do you know about this kind of family
  – *What does that call up for you – both positively and negatively?*

*How will these affect your interaction with this family?*
Step 2 Reflection on Parent Assumptions with This Family

- The parent is the expert on his/her child
- All parents have strengths
- All parents want to do well by their child
- All parents have something critical to share at each developmental stage
- All parents have ambivalent feelings
- Parenting is a process build on trial and error

- What will it be like to have this attitude? Keep in the mind the parent doesn’t have to prove any of these.
Step 3 Reflection on Knowledge

• Reflect on typical development of the child at this touchpoint.

  What does this child’s disorganization look like?

• Reflect on the typical parental themes at this touchpoint.

  What is the parental response to the disorganization and how does it fit with what is typical?
1) Value and understand the relationship between you and the parent.

2) *Use the behavior of the child as your language.*

3) Recognize what you bring to the interaction.

4) Be willing to discuss matters that go beyond your traditional role.

*Imagine that you want to enter a discussion that includes anticipatory guidance. Imagine a prompt that you might use.*
Guiding Principles (continued)

5) Look for opportunities to support parental mastery.

6) Focus on the parent child relationship.

7) Value passion.

8) Value disorganization and vulnerability as an opportunity.
Step 5 Observation

• Observe the parent’s interaction with the child
  – What meaning do you make?

• Observe the child’s behavior
  – What meaning do you make?
Step 6 Try to understand the parent’s meaning of behavior

• What will you say or do?

• What do you expect the parent to say or do?
Step 7

• What did the parent say or do?

• What meaning do you make of it?

• Where will you go now and what TP principle will help so you can accomplish your anticipatory goals?
Step 8

• What are your take away’s
  – As provider
  – As trainer
Standard Pediatric Anticipatory Guidance

• Description

• Prediction

• Advice
Anticipatory Guidance With Touchpoints

- Shared description
- Individualized and collaborative prediction
- Negotiated plan and advice
A PARADIGM SHIFT

FROM:

• Deficit Model
• Linear Development
• Prescriptive
• Objective Involvement
• Strict Discipline Boundaries

TO:

• Positive Model
• Multidimensional Development
• Collaborative
• Empathic Involvement
• Flexible Discipline Boundaries