



**Getting to the Heart of the Matter:
Short, snappy and simple ways
to introduce the tools**

Together 
 *we can*

Metaphor image:

Pick a picture that says something about how you feel about (topic—your breast-feeding experience, how your child eats, how your pregnancy is progressing, how much your child is eating, etc.).

Follow up probe:

Tell me more. Remember ABCDE

Bridge:

(Pick up photo of woman crossing the finish line in victory or a happy photo)
What could you do today so that you can celebrate success—like this woman—tomorrow?

Texture bag:

This bag contains lots of textures like scratchy, silky and smooth. Reach in and pick a texture that says something about how you feel about (topic).

Follow up probe:

Tell me more. Remember ABCDE

Bridge:

(Pull smooth, soft fabric from bag) What can you do today so that you feel like this—happy, with no problems?

Hopes and dreams doors:

These doors represent the hopes and dreams of mothers (parents) everywhere. Pick a door that says something about the hopes and dreams you have for your (name or baby). (Short pause) May I see your door? What does this door say about the hopes and dreams you have for (name/baby)? OR Notice that there is a lock on the door. Unlock the door and walk through it—what are the hopes and dreams that lie behind that door for your (name/baby)?

Follow up probe:

Tell me more. Remember ABCDE

What are you doing today to help those hopes and dreams come true?

Bridge:

What changes do you plan to make that will help those hopes and dreams come true?

Magic wand:

This is a very special magic wand. When you wave it, it can change anything—like how your kids eat (or breastfeeding, how much your kids eat, how active they are, etc). (Hand the magic wand to the client.) What changes would you make with your (breastfeeding, child's eating, etc) with the magic wand?

Follow up probe:

Tell me more. Remember ABCDE

Bridge:

How would you feel if your magic wand really worked and the change happened? What will you do first to make that change happen and experience that feeling of success?

Card sort:

Every mother of a (“two year old” –or other client descriptor) faces challenges, right? These cards contain challenges moms share with us everyday. Please sort them into three piles—everyday challenges, sometime challenges and not a challenge—so we can see what challenges are most important to you.

Follow up probe:

1. Let's start with the “no problem” pile and celebrate your successes.
2. Every mom is different. Which of the cards in your “everyday” challenge pile is your greatest challenge?

Bridge:

What will you have to do to “retire” that card to the “no problem” pile?

Paint chips:

Pick a color that says something about how you feel about your (topic—, how much your child watches TV, how often you eat at fast food restaurants, your weight gain during pregnancy, etc.)

Follow up probe:

Tell me more. Remember ABCDE

What does that color say about how you feel?

Bridge:

(Pick a happy color.) I love the color yellow because it's a happy color to me. What would you have to change to be able to choose a happy color about (topic)?

Faces:

Pick a face that says something about how you feel about (topic—how your child is eating, how active you are while pregnant, your pregnancy weight, how your breastfeeding is going, etc).

Follow up probe:

What does that face say about how you feel about (topic)? Remember ABCDE

Bridge:

(Select happy face.) What changes would you have to make it feel like this?