

Spotlight on When Observation Leads to Support

Subject: When Noticing Opens the Door to Support

Now that you've completed the Parent-Child Interaction Observation training, this microlearning will help you apply what you learned in your daily practice.

Observation sometimes reveals more than child behaviors—it highlights caregiver stress, fatigue, or isolation. Your role is to notice with compassion and open the door to support without judgment.

LOOK FOR:

Inconsistent or minimal responses to the child.



Repeated withdrawal or flat affect.



Signs of caregiver overwhelm or sadness.



PRACTICE TIP:

When you notice stress, start from empathy:

“You’ve mentioned feeling really tired lately. I care about you and want to support you—would it help to talk through what’s been hardest?”

Connecting caregivers to informal supports or professional resources reinforces that seeking help is a strength, not a failure.

RESOURCE:

Take a look at the **Parent Stress Less** resource on Michigan’s IECMHC site and think about ways you might use this or other resources to talk with a family about stress.

