

Case Study Vignette Part 1: Disconnection

- A parent returns to the bedside after lunch.
- They are excited to plan the afternoon with their baby's nurse: holding skin to skin, lactation consult, something else?
- They hear their baby's nurse approaching saying: "I haven't even had lunch yet, and the way things are shaping up, I won't be going any time soon. This is ridiculous."
- The nurse turns to see the parent at the bedside and looks away.

REFLECTION PROMPTS

- What was happening in their inner worlds?
- Parent: seeking connection and partnership, excitement, disappointed, possibly activated (fawn)
- Nurse: hungry, likely tired/in need of a break, embarrassed
- Emotional tone: misinterpretation, tension, vulnerability

Case Study Vignette Part 2: Reconnection

- The nurse looks away and takes a deep breath.
- She had forgotten about the lactation consult and the parent returning after getting lunch.
- She apologizes to the parent and explains that their pod is getting two admissions soon and she's not sure when she's going to fit in a break around everything.
- The parent acknowledges that it sounds like a lot is going on and they are okay to reschedule their skin-to-skin session.
- The nurse reassures them that it can all still happen.
- They agree to do skin to skin now while a colleague watches over her assignment so both needs can get met before the hustle and bustle of a new admission.
- Clinician shift: regulates self, returns, makes room for family story

REFLECTION PROMPTS

- Parent shift: feels seen, safe, re-engages
- Outcome: co-regulation → healing