

## Reflections Toward a Cultural Formulation

<b>DC:0-5 Cultural Formulation Section</b>	<b>Reflective Questions: Clinician asking of family</b>	<b>Reflective Questions: Supervisor asking of clinician</b>	<b>Reflective Questions: Critical Self-Reflection by clinician or supervisor</b>
1. Cultural identity of the child and caregivers	What beliefs, values, and traditions do you most hope to pass on to your baby?	You mentioned that this baby's mother is from Mexico and the father is White and grew up here. How do the parents share their own cultures with their baby and with each other?	What are my own socio-cultural identities? What is the historical context that shapes these? How are these similar or different than the family/supervisor/supervisee I am working with?
2. Cultural explanations of the child's presenting problem	What is your understanding of why your baby might be having difficulty with feeding? What are some of the lingering concerns for each of you, after the initial difficult months with your baby? How do you understand these difficulties? How do each of your families understand them?	What congruence or differences do you see in the different family members' explanations of the baby's feeding difficulties?	What are my cultural expectations re feeding, and where do these come from? How does my training affect these views?
3. Cultural factors related to the child's psychosocial and caregiving environment A. Infant's life space and environment	I'm interested in learning more about what mealtimes are like in your home. Where are you usually, who is around, and what happens before, during, and after each feeding?	What have you learned about the physical environment where the family lives?	What messages were transmitted to me in my own family around feeding and eating in young children?
B. Infant's caregiving network	I'm wondering about the people in your life that you can depend on.	Who can the parents turn to when they need help with the baby? When the paternal grandparents step in, how is that perceived by the two parents?	What was my experience with caregiving by my extended family growing up and how does that influence my expectations?

## Reflections Toward a Cultural Formulation

C. Parents'/Caregivers' beliefs about parenting and child development	What are your expectations and wishes regarding your baby's feeding and eating? What are your expectations about yourself about a parent in supporting your baby's development? What is in your view your partner's role? At what age do you expect a baby should stop breastfeeding? How will you make decisions about transitioning to solid foods?	What do you observe when the parents talk with each other about their child? What are the fears anxieties elicited in each parent about the baby's resilience and survival? How is this linked to what has been transmitted to them about how parents should successfully care for their children? Are there any gender roles attached to this?	What is my internal experience when I observe this family interacting? What physical and emotional reactions do I have to the caregivers' parenting beliefs, practices and fears?
4. Socio-Cultural elements of the relationship between the parents/caregivers and the clinician	I'm a Latina who immigrated to this country, and I am comfortable speaking with you both in either Spanish or English. I'm wondering what it is like for you to work with me?	What would it be like for you to open a conversation about your own identities and social location, and to invite these parents to talk to you and to each other about theirs?	What aspects of privilege do I hold in each of these relationships? What aspects do they hold? Am I finding myself feeling closer or more comfortable with one parent, compared to the other?
5. Overall cultural assessment for child's diagnosis and care	You come from different cultural and linguistic backgrounds and have joined to make a family and raise your son. What is this like for you?	Reflecting on all that you've learned about this family, how do you think each caregiver's socio-cultural contexts are influencing the concerns that they have? How does your critical understanding of their identities and positioning influence your thinking about diagnosis? What do you think is this baby's experience in this family? What might be the messages he is receiving about his strengths, capacities and survival?	I'm going to reflect on all that I've learned about this family, and what it's been like to get to know them before I reach my conclusions about diagnosis. I want to really think about how their socio-cultural identities, their values, and their extended family relationships are influencing the problems that they came in with.

Noroña, C. R., Lakatos, P. P., Wise-Kriplani, M., & Williams, M. E. (2021). Critical self-reflection and diversity-informed supervision/consultation: Deepening the DC:0-5 cultural formulation. *ZERO TO THREE Journal*, 42(2), 62-71.