

ATTUNEMENT



Mothers more attuned to their own emotions were also more attuned to their children, suggesting a greater capacity for self-awareness and acceptance is related to a greater capacity for other awareness and acceptance.

-WHITTINGHAM & COYNE

If you can't regulate your own emotions, how are you going to mirror back to your child? How are you going to practice empathy with your child if you can't manage your self first?

Figure out what your body needs for self regulation. How? Give yourself some choices of things that are calm or active. What helps you clear your head or calm down a racing heart? What helps when your shoulders are up by your ears or your tongue is always on the roof of your mouth? What helps you to relax or get energized? (Notice how these are all physical cues our bodies give us?)

What does your body need? Try some different choices and see what gives you the best reaction. Do that. Do it regularly. Model it out loud. "I am feeling _____. My body needs _____."

Start with yourself, then move toward co-regulation, attunement, getting in sync with your child.

GETTING IN SYNC WITH
OUR OWN EMOTIONS CAN
HELP US GET IN SYNC
WITH OUR CHILD AND
THEIR EMOTIONS.

MOM'S CALMING STRATEGIES

CALMING Activities that I am willing to try

Things without a lot of big motion such as deep breathing.

1

2

3

4

5

ACTIVE Regulation Activities that I am willing to try

Things with big motion such as exercises and movement

1

2

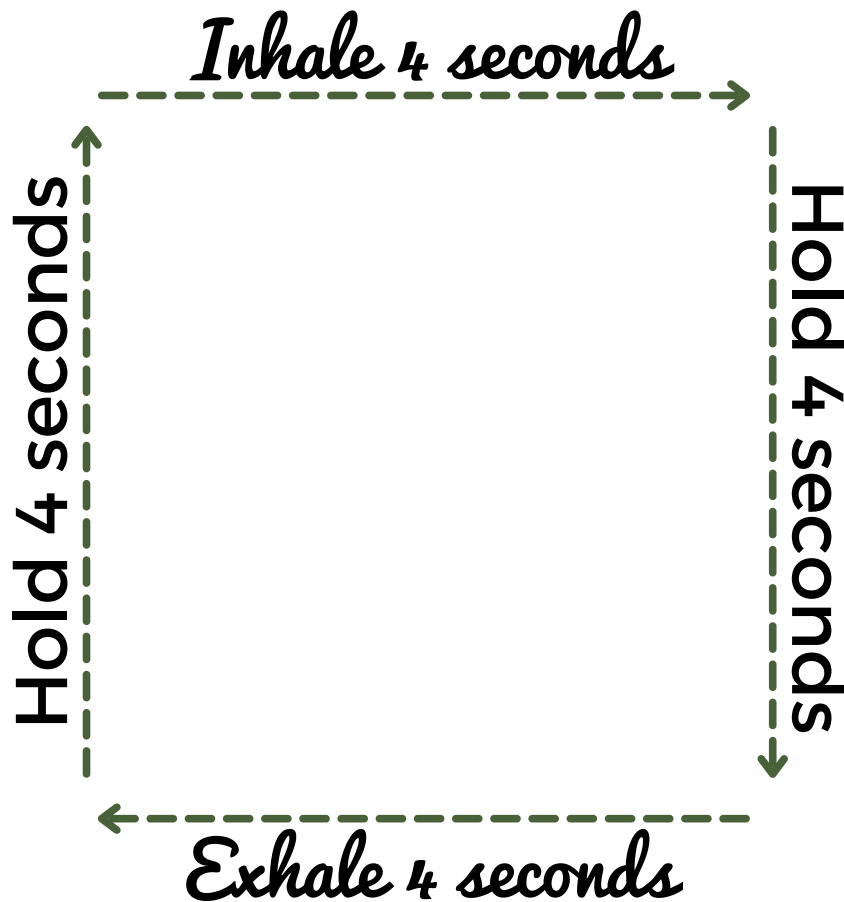
3

4

5

*After you've tried your lists, which of these did you like best?
Circle those.*

BOX BREATHING



According to the Mayo Clinic, there's sufficient evidence that intentional deep breathing can actually calm and regulate the autonomic nervous system (ANS).

This system regulates involuntary body functions such as temperature. It can lower blood pressure and provide an almost immediate sense of calm.

The slow holding of breath allows CO₂ to build up in the blood. An increased blood CO₂ enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body.



MOM'S CALM CHOICES

Once you've identified your own calming strategies that are working for your own regulation right now, make a visual choice board for YOU.

Use it. "I feel _____. I need (look at visual, point to it) _____." Then go do that thing.

Just think of what an amazing lesson you are modeling for your child!

Making a visual does not need to be fancy with matching icons. Do a quick free canva creation or google image search. Draw or doodle one. Don't spend time making it pretty. Make it function and just try!