

# ATTUNEMENT



*Attunement occurs when the parent and child are sharing an experience, when they are emotionally in sync.*

-WHITTINGHAM & COYNE

Are you ready to learn a fancy word today? Attunement. Getting in tune with your child. Getting in sync with your child. (Not listening to N'Sync with your child though a good parent would absolutely teach their kids the dance to Bye Bye Bye. If this is weird to you, maybe don't stop by the Page household on a weekend evening...dance party central!)

Webster's dictionary defines attune as: to bring into harmony, to make aware or responsive

Well that sounds nice, doesn't it? Being on the same page? Sharing an experience? Being emotionally in sync? Aaaaahhhhhh, lovely. But is that the reality of busy everyday life?

HOW CAN WE GET MORE  
OF THIS ATTUNEMENT,  
CONNECTION, AND  
SYNCHRONIZATION IN OUR  
PARENT-CHILD  
RELATIONSHIPS?



## **MIRROR YOUR CHILD'S STATE**

This is empathy on steroids. Try your very best to slow down when your child is having big feelings. Attempt to view the situation from their unique perspective. Then mirror that back to them with your facial expressions, your body language, and the words you say.

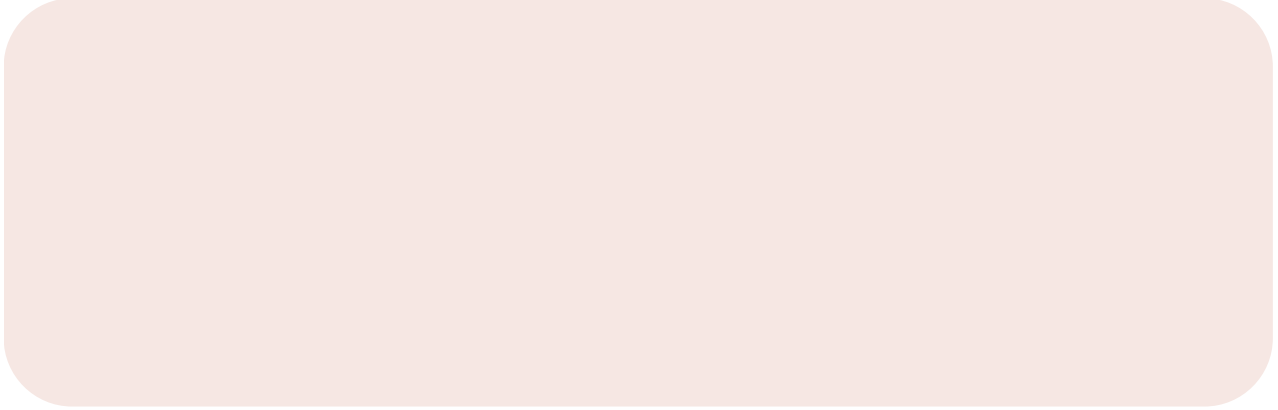
This is hard. Especially if your child has BIG reactions or outward-facing problem behaviors. It may be too hard for you to suddenly change your behavior to slow down and attempt to see their world from their perspective in the heat of the moment. So try doing it later. Do the exercise on the next page to playback the scenario and practice some perspective-taking.

The more you can practice this perspective-taking when the stakes are low, the easier it will be to start trying when things get heated or more emotional.

# MIRROR PRACTICE

## **Remember when...**

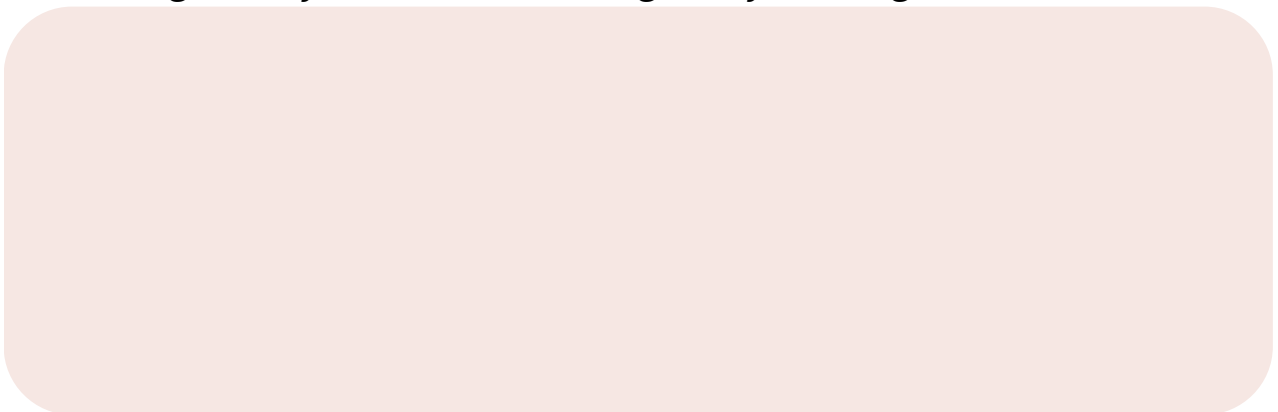
Describe a recent difficult situation with your child when emotions ran high for all parties. What was happening?



## **Perspective practice.**

*Now imagine that situation from the point of view of your child.*

*What might they have been seeing? Physical sights:*



*What might they have been feeling?*

