



## Getting in Sync with My Child

### Handout JS27

As a parent, reading your child's cues and responding to them in loving and developmentally supportive ways is so important to their development. Before all of the brain development can happen, children need to feel that they can trust that their needs will be met through their secure attachment relationship with you.



One way you can develop your child's secure attachment with you is to use *E-Parenting* many times throughout the day. When you ask yourself the *Getting in Sync* questions in your everyday routine, it will help you to remember to practice your *E-Parenting* skills.

To help you tune into your child's changing cues and signals use the questions below all throughout the day to "get in sync" with your child.

- 1. ? What is my child \_\_\_\_\_ right now?
- 2. ? What \_\_\_\_\_ are they using that tell me this?
- 3. ? Is my child feeling \_\_\_\_\_? If so, why?
- 4. ? How is this connected with their \_\_\_\_\_ to feel \_\_\_\_\_, to \_\_\_\_\_ or to become more \_\_\_\_\_?
- 5. ? How is all of this connected to my child's \_\_\_\_\_?
- 6. ? What can I do to help them use \_\_\_\_\_ to express these feelings?
- 7. ? If this is a "\_\_\_\_\_", how am I feeling? How can I view this as developmentally and temperamentally \_\_\_\_\_? What parenting skill is the best for me to use right now?
- 8. ? If my child is \_\_\_\_\_, what can I do to share in these feelings?
- 9. ? How can I use my \_\_\_\_\_ to help my child learn to \_\_\_\_\_ (control their own emotions and behavior)?



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*One way you can develop your child's secure attachment with you is to use **E-Parenting** many times throughout the day. When you ask yourself the **Getting in Sync** questions in your everyday routine, it will help you to remember to practice your **E-Parenting** skills.*

*To help you tune into your child's changing cues and signals, use the questions below all throughout the day to "get in sync" with your child.*

-  **What is my child feeling right now?**
-  **What words and/or actions are they using to communicate these feelings?**
-  **Is my child feeling stressed out? If so, why?**
-  **How is this connected with their need to feel secure, to explore, or to become more independent?**
-  **How is all of this connected to my child's temperament?**
-  **What can I do to help them use words to express these feelings?**
-  **If this is a "meltdown," how am I feeling? How can I view this as developmentally and temperamentally typical/normal? What parenting skill is the best for me to use right now?**
-  **If my child is excited, happy, and/or proud, what can I do to share in these feelings?**
-  **How can I use my voice, touch, and/or actions to help my child learn to self-regulate (control their own emotions and behavior)?**