

PARENTING GUIDELINES for ATTACHMENT

ATTITUDE: *1. Accepting 2. Curious 3. Empathic 4. Loving 5. Playful*

To Facilitate the CAPACITY FOR FUN AND LOVE:

1. Affective attunement
2. Maintain attitude
3. Eye contacts, smiles, touch, hugs, rocking, movement, food
4. Nurturing experiences
5. Emotional availability in time of stress
6. Surprises
7. Holding your child
8. Reciprocal enjoyable activities
9. Reciprocal expression of thoughts and feelings
10. Humor and gentle teasing
11. Basic safety and security
12. Spontaneous discussions of the past and future
13. Routines and rituals to develop a mutual history

To Facilitate EFFECTIVE DISCIPLINE
(SHAME-REDUCTION and SKILL DEVELOPMENT):

1. Set and maintain your favored emotional tone, not your child's
2. Maintain attitude
3. Accept thoughts, feelings, and behaviors of child
4. Provide natural and logical consequences
5. Be predictable in your attitude (#2), less predictable in your consequences
6. Re-attune following shame-inducing experiences
7. Structuring experiences
8. Interrupt cycles of resistances: "mom time"
9. Use paradoxical responses
10. Use permission, thinking, practicing , having restrictions being supervised
11. Employ periodic anger (60 sec. scolding), not habitual anger or annoyance
12. Clarify for all concerned that it is the child's problem, not your problem
13. Establish discipline as simply one part of a healthy attachment cycle
14. Be in charge, but also be attuned to the affect of your child
15. Greatly limit your child's ability to hurt you, either physically or emotionally