Key Take-Aways

What is attunement in a developmental approach?
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Summary: Attunement is being emotionally connected with your child and all that (s)he seems to be experiencing in the moment to share it together without judging or having an agenda about behaviour

✔ The more we can be attuned with what our child is experiencing in each moment, the more we can help to ease his or her anxiety.

✔ When you are emotionally connected with your child, you automatically and intuitively take a respectful, developmental approach to interactions with him or her.

✔ Take an interest in observing your child with nothing else in your mind, noticing what (s)he is focused on, doing, or interested in.

✔ Being attuned with your child means you respect what your child is experiencing and support him/her in that moment in whatever way you can, whether it be respecting his/her sensory profile, emotional expressions, behaviour, developmental level and capabilities, need for time to react and respond, or desire to interact or not.

Link to this blog: http://tinyurl.com/z75lf27

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