

### Being versus Doing with Jackie Bartell

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**Summary: We are human *beings*, not human *doings*, so to help our children learn to relate and *be* with others in a shared world, we must be mindful of *being* with them in the moment**

- ✓ ***Being* is about staying with the child and supporting the child where they are, rather than thinking you have to do something for the child to be successful**
- ✓ ***Being* helps the child learn that “*this person is going to help me feel internally comfortable and safe*” which is them learning something about the Relationship in that moment**
- ✓ **When a child disconnects from us or becomes dysregulated, it communicates to us that we are putting demands on them that they are unable to meet in that moment**
- ✓ **In developing the early social-emotional capacities, focus not on content, but on being related and interactive**
- ✓ **Rather than putting demands on your child, give them the time they need to process what is happening and to be ready by staying in the moment during social problem-solving**

Link to this blog: <http://affectautism.com/2018/05/21/being-vs-doing/>