

Affect is your #1 resource

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Summary: Connecting through affect with each other is the beginning of our developmental journey

- ✓ Affect refers to the genuine expression in your communication such as the tone of voice, gestures, facial expressions and other non-verbal communication
- ✓ Being in a state of joy is a sincere and genuine expression of your emotional experience that your child will be drawn to
- ✓ A lack of authentic and genuine affect can happen when you are not comfortable playing your our child
- ✓ Affect happens naturally when you are more playful
- ✓ It's not about *what* you do, but about genuinely sharing an emotional connection with your child
- ✓ We want to attune and respond to the child's non-verbal signals they are presenting to us, using *affect* to connect and always presuming competence

Link to this blog: <http://affectautism.com/2018/07/16/affect>