

EMOTIONALLY ATTUNED PARENTING

Reflection Guide

- How would you define what childhood is?
- Would you reflect upon your own childhood experiences as positive or negative?
- What more would you have hoped for in your childhood?
- What do you want for your own child's experiences through childhood?
- What can you do to change these childhood experiences for your child?

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Thinking of the elements of Emotionally Attuned Parenting ask yourself:

How regularly do I do this with my child now?

How would life be different if this was how my child and I engaged?

What can I do to make sure it's part of the way I engage with my child regularly?

Was there ever a time I did it more, or did it less? What Changed?

What's happening in my life when it seems to happen more authentically?

How do I feel when I do this?

What are my barriers to doing this all the time?

How does my child respond?