

EMOTIONALLY ATTUNED PARENTING

In a Nutshell

- Making eye contact with your child when they are speaking
- Mirroring your child's emotions, but not overidentifying
- Listening, like REALLY listening, to your child so you can hear them
- Answering your child's questions
- Asking questions and making comments to show interest
- Avoid shaming
- Establishing boundaries but giving freedom for growth

BriAnna Simons B.S.W., M.S.W., R.S.W.

Author of the book Emotionally Attuned Parenting



Creates a bond that lasts over time

Builds their confidence and self-esteem

Makes them feel valued

Teaches them beneficial social skills

Establishes emotional security and well-being

Instills self-worth

Models understanding and positive expression of emotions

Furthers developmental growth

Fosters autonomy and independence

Opens a pathway to resources

Encourages positive behaviour

Enhances tolerance