Attuned listening

Attunement is not simply undivided attention; it is both more and less than that. It does not mean a parent giving in to every whim of a child. But it is the understanding of needs, and a response to those needs which ultimately help the other to regulate their emotions and arousal. It is bringing someone up when they need some stimulation, and bringing them down when they need calming. From https://www.thersa.org/discover/publications-and-articles/rsa-blogs/2013/01/look-in-to-my-eyes-what-attunement-means-for-communication

Being vs. doing

Parents are very busy, and can find it hard to take a moment to slow down and truly be present. “Doing mode” is driven by the task at hand or getting things done. “Being mode” is about being in the moment specifically to experience what is happening as it happens. Mindful parenting means really investing in the time we share with our children and adding to their lives or day. Even busy people can slow down to be truly present and mindful.

Beginner’s mind

A means of helping parents open to the fullness of their experience of their child, with all of the senses, and to be able to perceive the ever-changing nature of our child and our relationship with him. This mindset allows our attention to rest gently on all of our experiences, not being pulled one way or another. This creates more space in our experience of our child.

Mirroring/affective matching

Mirroring leads to subtle activation of the same muscles that we use when we are engaging in the type of action that we are observing. On a simple level, the contagion of yawning is probably the work of the mirroring system. When we mirror each other, we also tend to feel, at least subtly, some of what the other person is experiencing. In parenting terms, mirroring strengthens the parent’s ability to attune to a child’s conscious or unconscious intentions.
Process & Achievement messages
Giving encouragement and praise in a process-oriented way can be most rewarding for the child in the long run. If kids believe that their dedication and effort matter, it can lead to a long life of success stories and, more important, a lot of happiness!

EXAMPLES OF PROCESS-ORIENTED PRAISE:

- Wow, you really worked hard out there!
- All that time you spent practicing your spelling words sure paid off when you took the test!
- You guys must have worked hard in your practice, because it really showed in that game!
- I know you can do it if you put your mind to it!
  - You must be so proud of all the work you put into that assignment!

Reflective practice
Reflective functioning rests squarely on the foundation of emotional safety, both yours with your own thoughts and feelings, and your children’s with being near you. Reflective practice may include asking questions to understand behaviors and motivation or having dialogue with the child. This leads to an understanding between you and your child and creates true resolution of an issue.