



Emotionally Attuned Parenting

Guiding and disciplining our children are highly important in order to prepare them to continue the legacy of right thinking and living. However, did you know, while you are teaching your child right from wrong you are inadvertently teaching your child about attachments. Attachment is the relationship between humans that develops social and emotional behaviors. A child with healthy attachments will have healthy boundaries, can pick up on social cues and good conflict resolution. The lack of healthy attachments is the biggest threat to our children.

Teaching your child healthy attachment begins with seeing the world from their perspective. This will facilitate an understanding and connection between you and your child. When the child misbehaves, instead of disconnecting with the child connect more with the child to understand their dysregulation and disturbance. If there is disconnection with the parent the child becomes feels emotionally deprived of attachment and will increasingly become dysregulated. However if you use their misbehavior as a time to learn, develop a stronger relationship of love and attention with them you will help the child regulate and develop problem solving skills. Often times misbehavior in children stems lack of attachment to the primary caregiver. Be sure to have a 'Be With Attitude' with your child: 'I see you. I'm here. I understand. I care.'

The subconscious memory of a child starts in the expecting mother's trimester. Healthy attachments begin in the womb of the mother. The child can tell if the mother wants him/her or not. The child notices where the mother goes, and if the mother likes the father or not. Breastfeeding is a good way for mothers to connect with their child. There should be good 'eye to eye' contact with her child. If the mother breaks eye contact i.e. her smart phone or even leaving, it affects the child's connector with touch and affections. **Watch: YouTube clip: "Flip the Lid."**

You can make a child sit but you cannot make a child learn. Therefore, a child's attachment is very important in order to raise the child with *intrinsic* understanding of right and wrong. Children learn more by following than by being told what to do. Your love will teach them to love you back. Enjoy your child. Treat them like the gift they are.

If I Had My Child To Raise Over Again

If I had my child to raise over again,
I'd finger paint more, and point the finger less.
I'd do less correcting, and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less, and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I'd run through more fields, and gaze at more stars.
I'd do more hugging, and less tugging.
I would be firm less often, and affirm much more.
I'd build self-esteem first, and the house later.
I'd teach less about the love of power,
And more about the power of love.
It matters not whether my child is big or small,
From this day forth, I'll cherish it all.

Diana Loomans

"...His Name Shall Be called...Counselor..." Isaiah 9:6
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