



Parent Take Home Sheet

Thank you for bringing your child to therapy at By Peaceful Waters.

Our Child Therapists believe it takes a village to raise a child, and we are glad to be part of this circle of support.



We have put together these key parenting ideas and practical resources as a help to you. Please reach out if you have questions or would like to learn more.



As you go through this sheet, please remember that parents don't have to be *perfect* - we are all human!

Instead, the goal is to be **"good enough"** - people who make mistakes but are open to taking ownership and making repair.

It is also important to remember that you were made for your child and your child was made for you. Your relationship is unique, and it is not helpful to compare yourself to anyone else.

Attachment & Attunement

Attachments are the building blocks of family connections. They are created through shared experiences and making memories together.

Attunement is the heart glue that helps each member feel known. Attunement is truly seeing and 'getting' each other. It is practiced through active listening and by expressing empathy, compassion, appreciation, and curiosity.

How are you practising attachment and attunement as a family?

Practical Tips For Attachment & Attunement **PACE**

PACE is an attachment based approach by Dr. Dan Hughes that stands for...

Playfulness
Acceptance
Curiosity
Empathy

How can you apply PACE at home to foster connection?

Practical Tips For Attachment & Attunement

**connect
then
direct**

Before giving your child direction or correction about their behaviour, it is important to first connect to their emotions with *grace* and then provide direction with *truth*.

Practical Tips For Attachment & Attunement

**to help connect
you may like
to try:**

1. Looking into your child's eyes
2. Getting down to their level
3. Providing them with meaningful touch
4. Taking some deep breaths together
5. Engaging in movement together



CRITICAL Life Messages

There are 6 Critical Life Messages* that kids need to hear:

- I believe in you.
- I trust you.
- I know you can handle this.
- You are listened to.
- You are cared for.
- You are very important to me.

*From author and parenting consultant, Barbara Coloroso

How are you communicating these messages to your child?



Love Languages

People give and receive love in
5 different ways*:

- Acts of Service
- Receiving Gifts
- Quality Time
- Physical Touch
- Words of Affirmation

Understanding your child's love
language can help you show love in
ways that are meaningful.

*From Dr. Gary Chapman, Love Languages

What is your child's preferred
love language?



Other Helpful RESOURCES

Some of our therapists' top picks:

Parent Coaching

- **Hilary Diouf**; individual and group coaching
at By Peaceful Waters

Parenting videos

- **How To Tuesdays**, youtube, Dafna Lender
(@dafnalender5984)

Podcast

- **Smart Family Podcast**, Toni Nieuwhof &
Dr. Rob Meeder

Books

- **Whole Brain Child**, Dan Siegal
- **How to Talk So Kids Will Listen & Listen so
Kids Will Talk**, Adele Faber & Elaine Mazlish
- **Hold On To Your Kids**, Gabor Mate, M.D &
Gordon Neufeld, Ph.D.