

4 Practical Ways to Connect with Your Child

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Connection



Attunement: Notice Them

Skill set:

- Move away from distractions
- Communicate and show: "I see you."
- Repair

Safety

Domains:

- Inner state of mind
- Developmentally
- Behaviorally

Activity: Do something with them

Skill Set:

- Let them pour out
 - who they are
 - what they value
- Freedom to explore
- Touch
- Talk
- Memories and Fun

Safety

Domains:

- Inner state of mind
- Developmentally
- Behaviorally

Instruction: Giving Information

Skill Set:

- Help them see strength and weakness
- One thing at a time:
 - Clear
 - Consistent
 - Specific

Growth

Lens:

Connection
 Destination
 Fears

- Building blocks needed to make wise choices:

- Emotional Regulation, Social Skills, See Another Person, Language, Flexibility, Problem Solving

Challenge: Asking something be done

Skill Set:

- Remember their strengths and weaknesses
- Done as "I believe in you" and "we all need to grow" vs "It must be done my way" and "You never get it right"
- Preference vs Right
- To be able to consider another's perspective (older kids)
- Just beyond where they are (One rung at a time)

Growth

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