TINA

Payne Bryson, PhD

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Thanks for attending my talk! If you're interested in learning more, or you'd like to receive occasional updates and support, follow me on social media. You can also read articles, join my newsletter, listen to podcasts, and watch video blogs about kids and parenting at my website: TinaBryson.com.

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HELPING YOU RAISE CHILDREN WHO ARE HAPPY, HEALTHY, AND FULLY THEMSELVES

Starting with the punch line

One of the best predictors for how kids turn out →

• • •

"secure attachment"
with at least 1 person.

What is Attachment?

- Instinctual system most activated by fear/threat/distress.
  - Child→ *seeks proximity* ***(safe haven.)***

  - Secure base to explore the world.

PATTERNS OF ATTACHMENT

SECURE	NON-SECURE

• Secure
  ○ Free/autonomous
	• Avoidant
	  ○ Dismissing
	• Anxious/Ambivalent
	  ○ Preoccupied
	• Disorganized
	  ○ Unresolved

VS

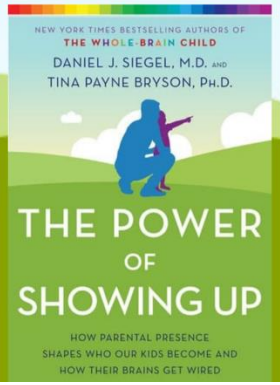
The punchline of 70+ years of research: 4 S's

SAFE-Keeping them safe.

SEEN-Seeing the mind behind the behavior

SOOTHED-Comforting and helping them

SECURE-They know we will show up for them



SAFE—2 primary jobs

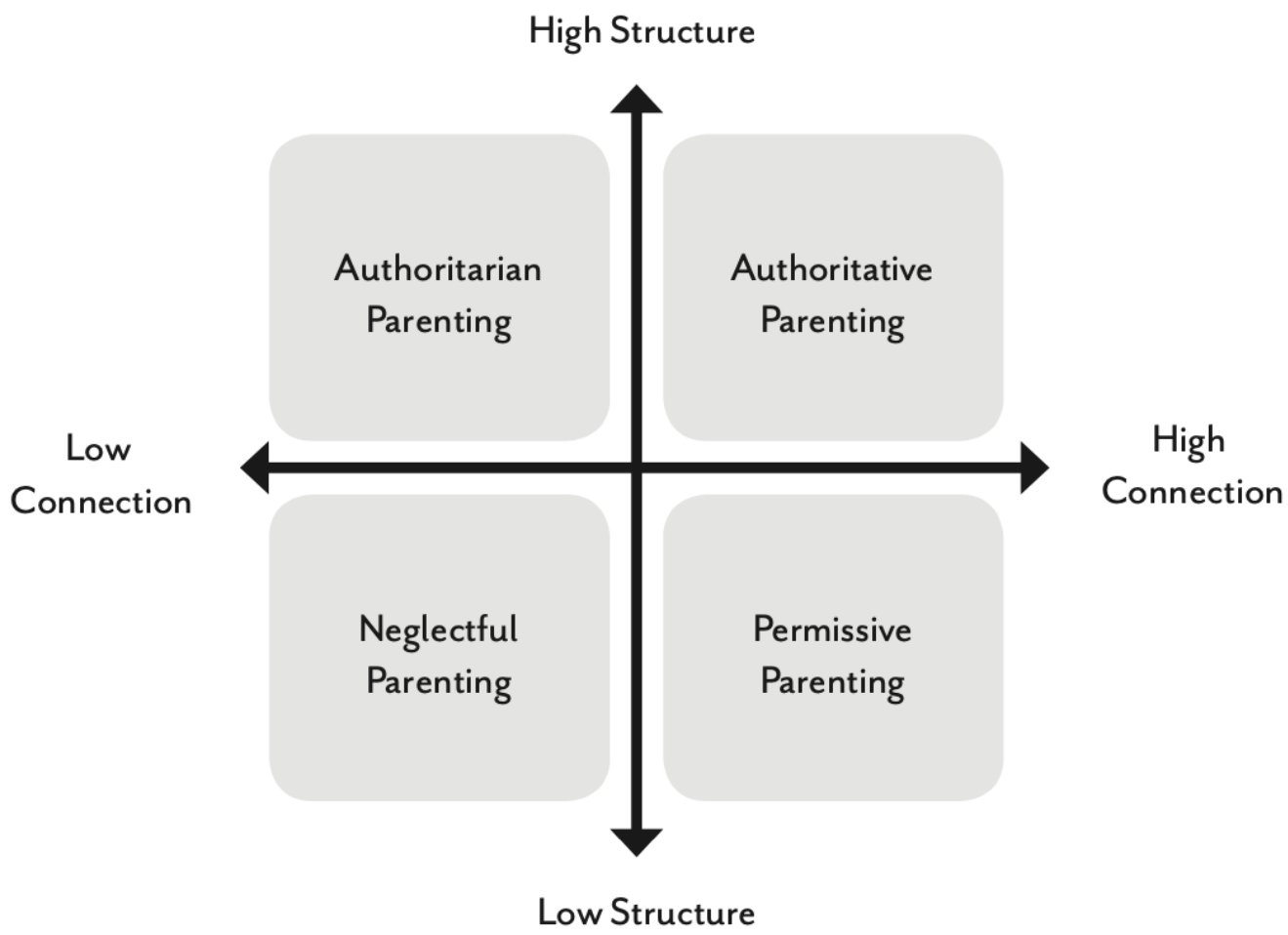
1) Protect them from harm
2) Don't be the source of fear

(incl. unpredictable, & out of control)

<u>Application:</u>

- Create a Safe Harbor
  - **Play** & Delight
  - CUES OF SAFETY
- Repair, Repair, Repair!
- Structure AND Nurture

Limits AND Emotionally Responsive



SEEN

Tune in & understand the mind behind the behavior

What to do:

- Respond in a way that helps them “feel felt” & known.
- Avoid criticizing and minimizing
- Say YES to the feelings/experience
  - (even if NO to behavior)

SOOTHED

Co-regulation
Comfort
Presence
Help
Empathy

What to do:

- Offer empathy and presence *during*
  - *"I'm right here with you while you feel . . ."*
- Help them develop skills for future

Co-Regulation: Honor Individual Differences

How to Soothe

PRESENT, not PERFECT

PREFRONTAL CORTEX

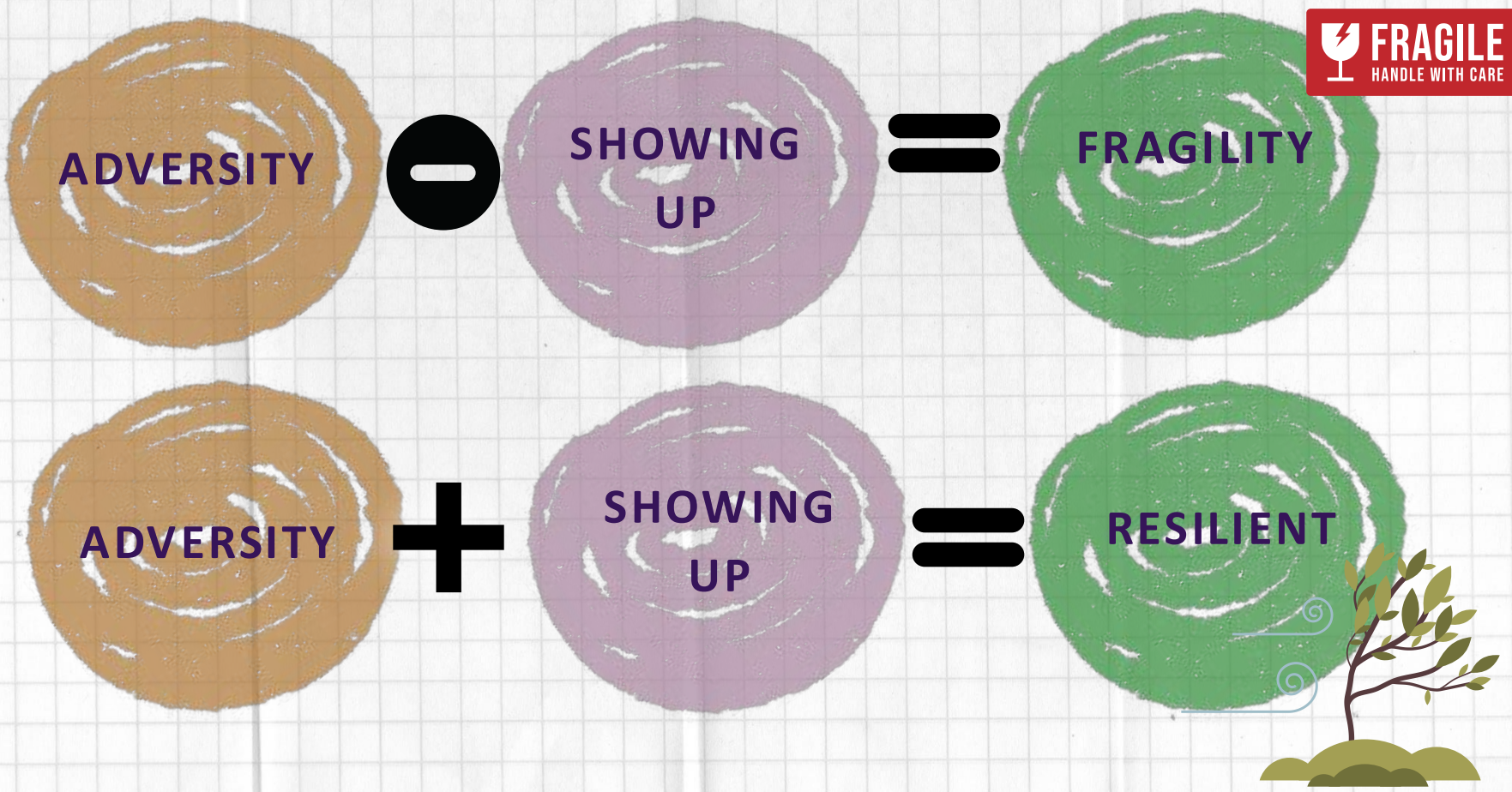
- Regulates body (autonomic nervous system)
- Regulates emotions
- Sound decision making
- Impulse control
- Empathy
- Flexibility
- Personal Insight
- Overcoming fear
- Executive functions
- Intuition
- Morality

They Mirror our States

What are you "broadcasting?"

- Culture of confidence and competence
- "We got this"
- "non-anxious presence"
  - (Stixrud & Johnson *The Self-Driven Child)*
- Who is showing up for you?
- Are you showing up for yourself?

RESILIENCE FORMULA. . .
POSITIVE, SUPPORTIVE RELATIONSHIPS



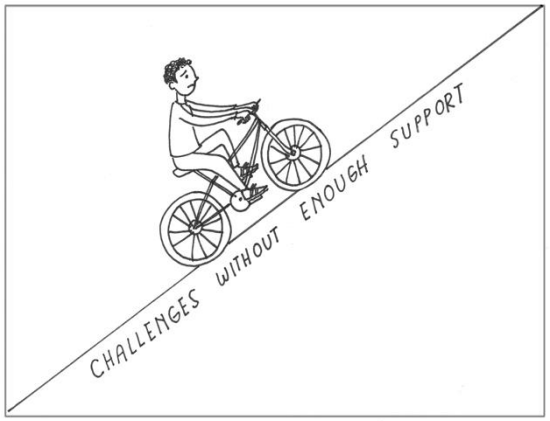
Science shows . . .

When we are at our worst, that is when we MOST need connection.

THIS IS WHY WE PRIORITIZE RELATIONSHIP

Secure attachment makes stress tolerable (for parents, too)

For some kids life is especially hard.

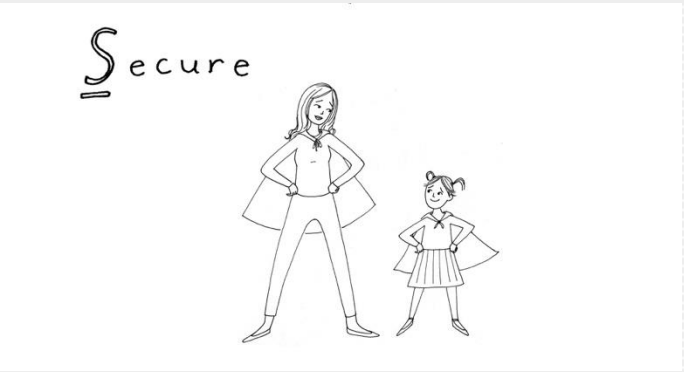


We can make it easier by showing up for them.

SECURE

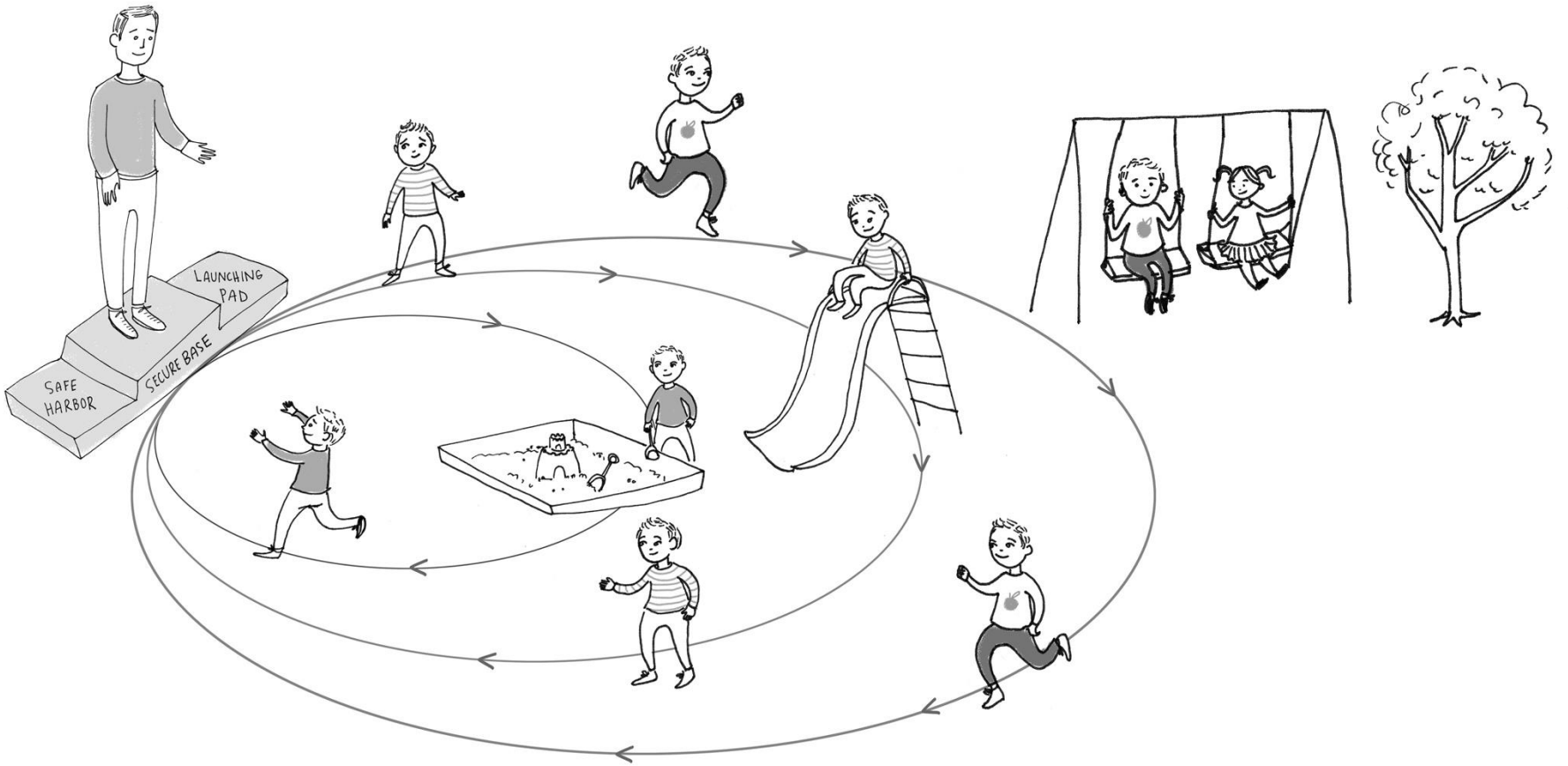
Safe, Seen, Soothed → SECURE base

They then learn to keep *themselves* safe, to see *themselves*, to soothe *themselves* when things go wrong.



<u>What to do:</u>

- Relational Trust Fund: Keep showing up
- Predictable, not perfect


LAUNCHING PAD
SECURE BASE
SAFE HARBOR

HISTORY

IS NOT

DESTINY

What they need most from you.

YOU

- You won't be able to (nor should you) protect the young children you work with from everything.
- Not everything is in your control, but SHOWING UP is.
- Let it be your north star.

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