

T I N A

Payne Bryson, PhD



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

NOW AVAILABLE FOR
PREORDER!

Tina Payne Bryson

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

- Secure
 - Free/autonomous

vs

NON-SECURE

- Avoidant
 - Dismissing
- Anxious/Ambivalent
 - Preoccupied
- Disorganized
 - Unresolved

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

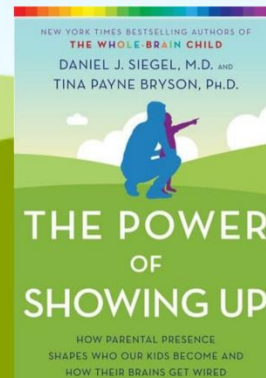


SAFE-Keeping them safe.

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



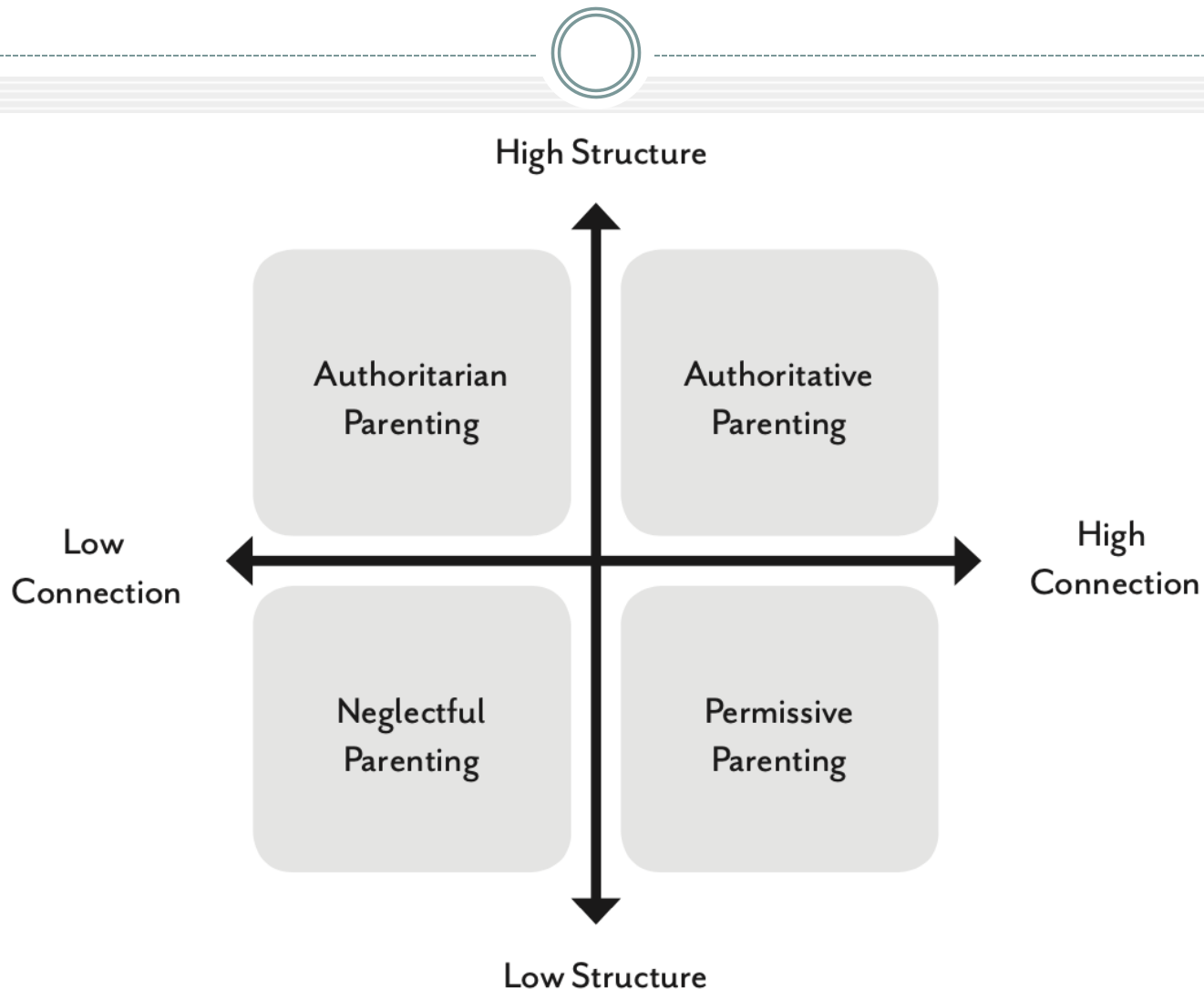
- 1) Protect them from harm
- 2) Don't be the source of fear
(incl. unpredictable, & out of control)

Application:

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



Limits AND Emotionally Responsive



SEEN



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

Soothed



What to do:

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

How to
Soothe

Co-Regulation: Honor Individual Differences

PRESENT,
not
PERFECT

I can see
why you'd
feel that
way.

I'm here
if you
need
me.

I'm here
with you
while you
feel ...

Try getting
below eye level

That's so
hard.

How can I
help?

I will listen

What do
you need?

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?”

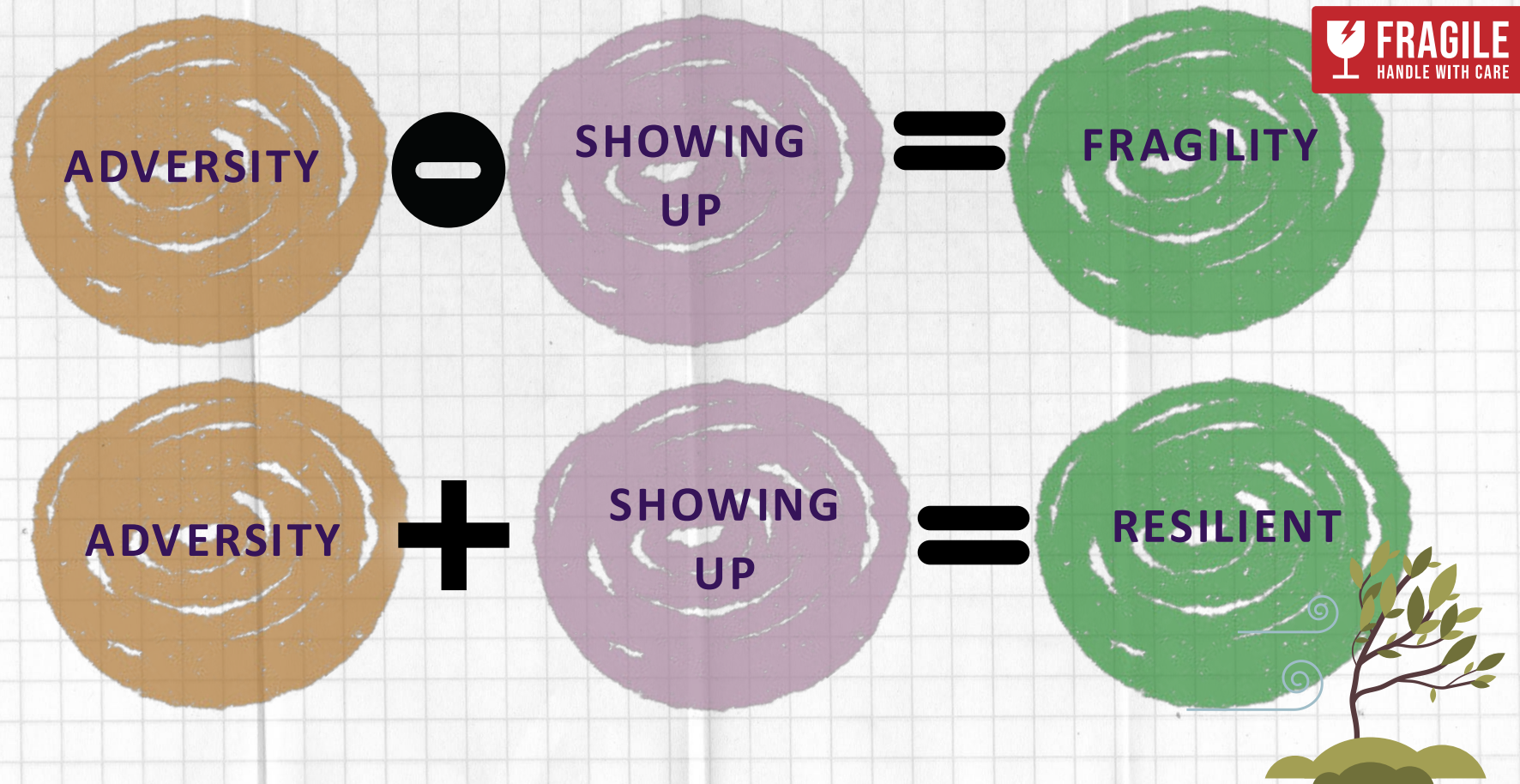
- Culture of confidence and competence
- “We got this”
- “non-anxious presence”
○ (Stixrud & Johnson *The Self-Driven Child*)
- Who is showing up for you?
- Are you showing up for yourself?



If you want to be a safe harbor for your child, you can't be the storm.

RESILIENCE FORMULA. . .

POSITIVE, SUPPORTIVE RELATIONSHIPS



Science shows . . .



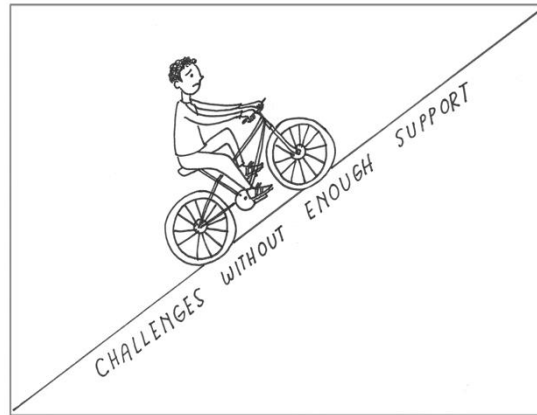
**When we are at our worst, that is
when we MOST need connection.**

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

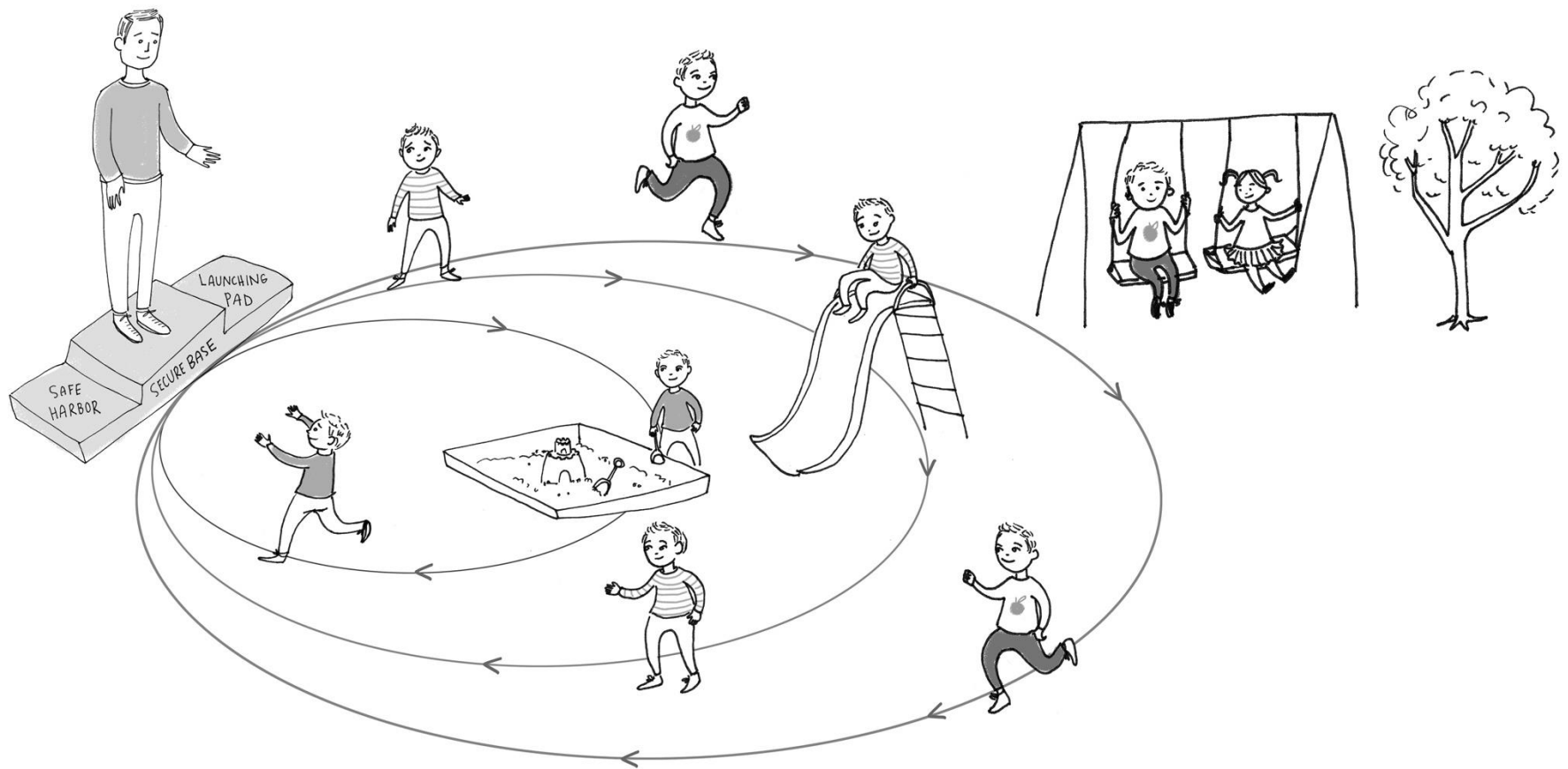
They then learn to keep *themselves* safe, to see *themselves*, to soothe *themselves* when things go wrong.

Secure



What to do:

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





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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