

ATTUNEMENT-BASED PARENTING

Alignment

- Synchronizing, joining
- Parallel play
- Same team against demand
- On the same side

Connection-based motivation

- Trust
- Meaning, purpose
- Understanding all the issues
- Collaborative solutions

Awareness

- Stop the world
- Curiosity
- Deep listening
- You GET IT.

Respect & Honesty

- Autonomy and ability to say no
- Honesty about why
- Intrinsic dignity even when they are not self-sufficient
- Mentorship on how to make decisions