



27 S' of Attachment-Focused Parenting

Dan Hughes, Ph.D.

S' to Increase

1. **Safety:** *Presence, predictability, PACE*
2. **Structure:** *A gift, not a punishment, not rigid, reduces transition stress, "free time" is "anxiety time"*
3. **Supervision:** *A gift, not a punishment, a relaxed and aware presence*
4. **Success:** *Does not learn from mistakes; needs expectations to developmental age; shame associated with mistakes*
5. **Self-Care:** *The parents' need for relationships, advocacy, services, successes, breaks; care for self if only to better care for child*
6. **Soothing:** *Gentle, gradual persistence, vicarious through stuffed animal; sooth with eyes, voice, touch when safe for child*
7. **Smiling:** *A positive attitude within home—the emotional atmosphere*
8. **Story-Telling:** *A manner of relating without lecture and reasoning. Having a rhythmic, modulated voice. 'Sing-song' quality when comforting*
9. **Seeking-meaning:** *What does the behavior mean? Make sense of it first before considering what to do*
10. **Sense of Humor:** *To generate hope, maintaining perspective, being close with children who are frightened by signs of affection*
11. **Sensory Integration:** *Associated with development of attachment in infancy; can facilitate attachment and can be developed with SI activities*

12. **Stretching:** *Being prepared to expand one's parental skills, interventions, to meet the unique needs of this child*
13. **Sorry:** *Modeling repairing the relationship after making a mistake; accepting responsibility for one's actions*
14. **Sleep:** *Crucial for functioning of all, Unique bedtime routines need to be created and protected. Traumatized children often have poor sleep for many reasons*
15. **Soup:** *A healthy comfort food. Food is both an emotional and physical confirmation of good care*
16. **Special:** *Your child has a special place in your mind and heart; and knows it*
17. **Stamina:** *Persistence, fortitude, in it for the duration, seeing the distant horizon*
18. **Scaffolding:** *Accepting your child where he is in the present; being ready to help him with his next developmental step*

S' to Decrease

1. **Shame:** Source of denial, opposition, rage, inability to trust and resolve trauma
2. **Stimulation:** Overstimulated by many routine, interesting, exciting events which then leads to dysregulated emotion, thinking, and behavior
3. **Shouting:** Habitual misbehaviors often lead to habitual anger, shouting, and negative emotional atmosphere. Necessary anger needs to be an "I-message" that is clear and brief and is immediately followed by repair; only used for major behavioral problems
4. **"Should":** Advice from others to raise the child based on his chronological age
5. **Sarcasm:** Often a substitute for anger, which can be just as destructive
6. **Seclusion:** Isolation triggers abandonment. Prevents co-regulation of affect
7. **Smacking:** Likely to re-traumatize and prevent attachment
8. **Secrets:** Events from the past are shameful and frightening and met with avoidance and denial
9. **Shunning:** cold shoulder, ignore, ostracize