

Attunement



SLOW DOWN

- What am I distracted by?
What do I need?
- How can I remove distractions and meet my needs?



TUNE IN

- What's going on with the child?
- What's going on in their environment?



CONSIDER NEEDS

- How can I meet the child's physical needs?
- How can I meet the child's emotional needs?

Attunement Fine-Tuning

Take a moment to jot down any “aha” or “lightbulb” moments about each part of this process. Then, jot down any curious questions that are prompted.

Slow Down





Tune In





Consider Needs




