Curious Explorer & Curious Observer:
How Parents, Caregivers and Providers Can Support Early Childhood Development through Mindful Awareness Play

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welcome
How is your day going.
• Are you familiar with Zoom?
• Mute yourself, unless you are talking
• If comfortable please turn your video on
• You can use the chat box to make comments or ask questions
• Whiteboard Annotation
• Test your reaction button by giving us a thumbs up!
Let’s Settle In Together

Breath with Intention
What we hope to accomplish together.

Intentional Connections—“Being With”.
Explore Mindfulness Strategies.
Learn the basics of Mindful Awareness Play.
Circle of Security-Parenting
Making Intentional Connections.
Feeling Connected and Understood: Attunement

http://www.clutchmagonline.com/2012/05/
Connection is built by “BEING WITH”

“To share in another’s experience with no attempt to change what the person is doing or believing”

Think of a time when someone wanted to support you but the experience did and also didn’t feel supportive.

What was that like for you?
How was this different?
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<tr>
<th>MATCH</th>
<th>MIS-MATCH</th>
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Attunement Experience
Bringing Empathy
Matching and Mismatching

What percentage of time do you think that the most “in-sync” parent/infant relationship is in perfect attunement?

Gilkerson, Erickson Institute, Fussy Baby Network
What percentage of time do you think we are in an “in-sync” relationships with a significant other?
Percentage of Perfect Attunement


Gilkerson, Erickson Institute, Fussy Baby Network
When Miss-attunement Happens, Repair is Possible

“When you do something that doesn’t work, you have an opportunity to learn something and grow closer.”

T. Berry Brazelton, M.D. April, 2014

http://www.usatoday.com/story/news/nation/2013/05/01/t-berry-brazelton-memoir/2113683/
How are doing so far?
Mindful Self Regulation

To bring calm, you need to possess it.
ABCs of Mindful Self-Regulation

◦ Awareness
  ◦ Become aware of your own reactions: thoughts, feelings, body tensions

◦ Balance
  ◦ Use your strategies to come back to balance

◦ Connection
  ◦ Connect with new awareness

Adapted from Saakvitne, K. & Pearlman, L. (1996)
Mindful Strategies

Grounding
Imagery
Self Talk
Breathing

Gilkerson, Erickson Institute, Fussy Baby Network
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<th>Breathing</th>
<th>Imagery</th>
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<td><img src="image2.png" alt="Imagery Image" /></td>
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What Gets you Stirred Up?
Mindful-Self Regulation: Brings Clarity
Mindful Awareness
Play Session
MAPS

Child is Curious Explorer

Parent is Curious Observer
Child Opportunity

Being in charge of their exploration

Feeling connected to their parent. “Filling Their Cup”

Developing confidence and autonomy

Experiencing a “secure base” and “safe haven”
Parent/Caregiver Opportunity

Being present and in the moment

“Be Watchful”

Following child’s lead

Showing & sharing delight

Being aware of cues

Narrating child’s behaviors/play

Giving words to child’s actions. “Play by play announcer”
Let’s Play and Practice.
Ending with Reflections.

What do you hope to remember from our time together.

Or simply a word.
Ending with Reflections.

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Or simply a word.