



## VERMONT CONSORTIUM

for **ADOPTION & GUARDIANSHIP**

Support—Information—Education

While every month provides opportunities to strengthen a family's bonds and attachments there is nothing like the energy that comes with Spring's arrival! Taking time outside together to smell the flowers, taking some deep breaths of the spring air, listening to the birds return, and smiling together all help to deepen our connections. These shared sensory experiences build a reservoir of positive memories that both you and your child can draw on when things get tough. <https://www.vtadoption.org/>

When it comes to teens, strengthening the bonds of attachment can take on a new perspective, and new challenges.

- ⇒ Consider family dinners as times to build connections through conversation, appreciations, and laughter.
- ⇒ The rhythm of taking a walk together can help get conversation flowing.
- ⇒ And there is always the car, somehow difficult conversations become easier when you aren't face to face.

P.A.C.E ♥ Yourself

Parenting with playfulness, acceptance,  
curiosity and empathy

## Playfulness

Light tone, anti-criticism, reassuring

## Acceptance

Unconditional acceptance of internal experience

## Curiosity

Inquires without judgment, not anticipating an answer

## Empathy

Showing that the child in her life is important to you

**TO SEE ATTACHMENT** in action click (*ctrl+click*) on the picture below to see a short YouTube video that shows a father and daughter who have just come inside from watching fireworks. The daughter became frightened and dysregulated. Her father attempts to calm her. Notice how he does this – using rhythm, following her lead, keeping himself regulated, and his attunement with her.



The father in this video is exhibiting playfulness, acceptance, curiosity, and empathy—PACE—a model by Dan Hughes that helps parents and their children build strong healthy attachments. For more information about PACE, you can go to: <http://www.danielhughes.org/p.a.c.e..html>