

The Power of Showing Up

Four S's ~ Dan Siegel & Tina Bryson

SAFE

Helping FEEL safe: protect from harm, and avoid becoming a source of fear.

SEEN

More than physically seeing, Attuning to what's going on INSIDE and focusing our attention on kid's inner feelings, thoughts - whatever is happening *beneath* the behavior

SOOTHED

All about feelings! How adults perceive, make sense, and respond, help develop child's inner soothing.

SECURE

The result of the first 3 S's. Family trust and learning for self-regulation and empowerment.