

## **PLACE**

**Remember PLACE – Playfulness, Love, Acceptance, Curiosity, and Empathy.**

- The idea is that the parent maintains an emotional connection with the child (attunement) and dyadically (as a team) regulates the child's emotional affect.
- In this manner, the parent ensures that there is an emotionally meaningful component to interactions without the child becoming dysregulated.

### **Playful:**

- Become playful when the child tries to argue
- This will help you maintain emotional stability
- Keep the calmness in your voice
- Structure and control with safety

### **Loving:**

- Acknowledge good behaviour
- "I see you made a good choice to finish your homework last night."
- "So you decided to sit out the game rather than fight with Sally, that's a good choice."
- Rewards need to be immediate rather than delayed

### **Accepting:**

- Reflect back to the child what you have learned.
- Put yourselves in their shoes.
- Reflect the emotion rather than the content
- "When I hear your story I feel sad....."

### **Curious:**

- Ask a question that reflects curiosity about the child's behaviour.
- "What does this yelling mean?"
- "When you throw things like that, what are you trying to achieve?"

### **Empathic:**

- Put yourself in their shoes:
- "Wow, I see how unsettled you became when she spoke loudly like that...That must be hard for you..."
- Be attuned to the child's subjective experience and reflect this back to the child. Sharing of subjective experiences.
- Help the child regulate affect and construct a coherent autobiographical narrative.