

REPAIR THE DISRUPTION

When we feel disconnected...

I can take action to make it better,

I can repair what was disrupted,

I can help my child restore his or her balance

This strengthens the roots
and helps my child trust that I can be
a secure base and safe haven.

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What can you say to make a repair?	What can you do to make a repair?
<ul style="list-style-type: none">• Say you're sorry• Acknowledge and label feelings• Say what you'll do differently next time	<ul style="list-style-type: none">• Meet the need that was missed• Describe what happened• Stay close• Offer comfort• Support your child
<p>Example: If a caregiver "lost it" and screamed at the child:</p> <ul style="list-style-type: none">• Say sorry: "I'm sorry I screamed at you. "• Acknowledge and label the feeling: "I bet that was scary.• Describe what happened: "I was really angry about... but it's not okay to make you feel scared."• Say what you'll do differently next time: "Next time I will take a time-out. It's okay for you to say "Mommy, I'm scared. Stop yelling."	