



Softening Defenses

Pay special attention to your tone, volume and the cadence at which you speak.
Make sure to use simple language with preschoolers.

Adult Stance



Position and proximity in relation to child (ex. L-stance)

Walk and talk



Side by side at a table or in the play area



Plant the seed

Do a 'book end.' Name what is happening before, the event (without putting focus on what is unpleasant) and what they will look forward to and enjoy after.



Give the child a sense of choice within the situation – meanwhile gently moving forward with what needs to be done or dealt with

Don't shy away from what is 'hard' or challenging

Find ways (tools) to make it manageable (ex. child doesn't want to touch liquid glue in craft activity - provide gloves to wear and proceed ahead with activity)



Work on sameness to deepen your attachment, this will help the child to want to proceed ahead and do your bidding (ex. I find this difficult also, I find it helps me when....)

Approaching situations in a **playful** mode and tone can make a big difference in how situations will unfold.