

Tuning In Age 4 Summary

Why Tuning In?

Parenting a child can be joyful, exhausting, and overwhelming, sometimes all at once. Tuning in, the ability to stay present, calm, and intentional, can help you feel more grounded, connected, and confident in your parenting.

STEP

1



GET INPUT

Getting to Know and Understand Your Child's Input

- *"You're rubbing your eyes, I think you're getting sleepy."*
- *"I hear your little giggles, you love this game!"*
- *"I can see you are frustrated right now."*

Tip: Pausing helps shift you from an automatic reaction (like feeling flustered) to a more thoughtful response.

STEP

2



TEACH

Teach New Skills

- *"I'm feeling frustrated, so I'm going to take a breath before I respond."*
- *"Wow, that loud noise startled both of us. Let's take a minute to calm down together."*

Tip: These small moments model calm, responsive behavior for your child while helping you reset emotionally.

STEP

3



PRACTICE

Practice to Grow Skills and Develop Habits

- Instead of: "I can't get this right!"
- Try: "This is hard right now, and that's okay. I'm doing my best."

Tip: The more you practice these simple moments of tuning in, the easier they'll become, even during challenging times.

STEP 4  **SUPPORT** **Support Your Child's Development and Success**

- Ask yourself: "What does my child need right now?"
- Remind yourself: "I can handle this moment."

Tip: Responding with calm doesn't mean suppressing your feelings, it means recognizing your emotions and choosing how to act in the moment.

STEP 5  **RECOGNIZE** **Recognize Efforts**

- "I paused when my child was crying, and I stayed calm, that was a win."
- "I remembered to take a breath before picking my child up. I'm proud of that."

Tip: Tuning in isn't about perfection, it's about learning to return to calm, again and again.

Recommended Citation: Center for Health and Safety Culture. (2025). *Tuning In Age 4 Summary*. Retrieved from <https://www.ToolsforYourChildsSuccess.org>

This content does not necessarily reflect the views or policies of the Tools for Your Child's Success communities, financial supporters, contributors, SAMHSA, or the U.S. Department of Health and Human Services.