

The ATTUNES Method

Adaptation - How can I adapt the environment, expectations or task to make it more manageable for him?

Tools - What sensory tools can I use to help him self-regulate?

Therapeutic - How can I use therapeutic parenting to diffuse things?

Understanding - What may be triggering him and how can I communicate that I understand?

Nurture - What can I do to reestablish a connection and nurture the relationship?

Emotion - What emotion is he experiencing?

Sensory - Is there a sensation that may be alarming or concerning for him?