Brain Smart Start Attunement for All Interactions

The Brain Smart Start is a way to help children and adults reach an optimal level of arousal for learning, engagement and attunement. It consist of four parts:

1. **Activity to Unite:** Are we on the same page? Unite through joint attention.
2. **Activity to Disengage Stress:** Are the children organized or in distress? Download calm.
3. **Activity to Connect:** Are children responding to connection? Requires attunement (a dance).
4. **Activity to Commit:** Am I present, preoccupied or dismissing their inner state?

*Baby Doll Circle Time™ is about creating and sustaining healthy bonds between children and caregivers*

**Connection = Cooperation**

The motivation to behave comes from being in relationship.

Connection literally wires the brain for impulse control and willingness

**Ingredients for Connection:**
- Eye contact
- Gentle, appropriate touch
- Being present in the moment
- Playful interaction

*Humpty Dumpty sat on a wall;*
*Humpty Dumpty had a great fall;*
*All the queen’s horses and*
*All the king’s men*
*COULD put Humpty together again!*
Joint attention is the process of sharing one’s experience of observing an object or event by following gaze or pointing gestures. Joint attention is a fundamental goal during the first year of life and critical for the development of the following:

- **Theory of mind:** Other people have different perceptions and builds perspective taking.
- **Social referencing:** Looking to significant other in ambiguous situations to make sense and get information, reading the faces of others.
- **Language development:** Builds language, both expressive and receptive.
- **Impulsive control and attention skills:** Predictive of emotional regulation at 24 months.
Baby Doll Circle Time

Goals

- Enhance attachment
- Increase self-regulation
- Promote trust through joyful interactions
- Foster attunement skills in caregivers

Baby Doll Circle Time Structure

**Step 1**

**Getting the Babies**
Get your baby, get your baby, get your baby, time to play.

**Step 2**

**Beginning-Spacial Positioning**
My baby’s in my arms,
My baby’s in my arms,
This is my baby, my baby’s in my arms.

**Step 3**

**Middle Connections**
All around the room I look,
Where is my baby?
I look behind my back and
BOO! Baby was hiding.

**Step 4**

**Soothing Cuddle Time**
My baby’s being rocked,
My baby’s being rocked,
This is my baby, my baby’s being rocked.

**Step 5**

**Transition / Put the Babies Away**
Bye bye baby,
Bye bye baby,
Bye bye baby, we’ll play again some day.

Materials Checklist:
- multiethnic baby dolls
- large basket/container
- small blankets
- doll/preemie diapers
- lotion and Band-Aids
- baby wipes