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Nurturing the Parent-Child bond: The Key to Emotional Well-Being

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Agenda

- ◇ What is Emotional Well-being?
- ◇ How attachment plays a role?
- ◇ The role you play
- ◇ Principles to apply
- ◇ Self-Care
- ◇ Signs of Struggle
- ◇ The Outcome

What is Emotional Well-Being?

A state of positive Mental Health characterized by:

- Positive Emotions
 - Resilience
- Emotional Regulation
- Interpersonal Well-Being
 - Self-awareness
 - Sense of Purpose



How Attachment plays a role?

- Attachment = corner stone of relationships
- Blueprint of how relationship works.
- Positive attachment is based in **TRUST**
- In relationship the child understand inner states, learn about emotions

Benefits of secure attachment: better emotional regulation, self-esteem, and resilience.





What is the role
you play?

**The
Good-Enough
Parent**

Principles to Apply

**Emotional Availability and
Responsiveness**

Building Trust and Communication

**The Impact of Positive
Reinforcement**

Setting Boundaries with love

Modeling Emotional Regulation

Quality Time and Connection



Principles to Apply in action

Emotional Availability

- ◇ Listening
- ◇ Validating
- ◇ Responding to child's feelings
- ◇ Qualities to consider:
 - ◇ Being Present
 - ◇ Attentive
 - ◇ Empathetic

Trust

- ◇ Consistency is key
- ◇ Open and Honest communication
- ◇ Qualities to keep in Mind:
 - ◇ Making eye Contact
 - ◇ Acknowledging feelings
 - ◇ Avoid Judgment

Reinforcement

- ◇ Praise and Affirmations
- ◇ Positive reward is more powerful than punishment in creating behavior
- ◇ Celebrate effort over outcomes
 - ◇ Foster Growth Mindset

Principles to Apply in Action

Setting Boundaries

- ◇ Clear consistent Boundaries
- ◇ Balance Discipline and warmth – Safety
- ◇ Connect – Validate - Redirect

Modeling

- ◇ You are a role Model
- ◇ Be mindful of how you manage stress, frustration and anger.

Quality Time

- ◇ Rituals of Connection are foundational
- ◇ Quality over Quantity



Self Care!



Recognizing Signs of Emotional Struggle

"..From these intimate attachments a person draws his strength and enjoyment of life and, through what he contributes, he gives strength and enjoyment to others."

Bowlby



Resources



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