

Provider Tip of the Week

February 9, 2022

Synchrony

Synchrony refers to a caregiver and baby working together as one unit. It involves things like matching emotional state and behavior, and making sure that baby and parent are “in sync” in their moments together. Repeated interactions like this create a healthy foundation for attachment, and help babies know that they are safe, seen and heard by their primary caregiver. Having this positive relationship can contribute to lifelong health and wellness.

In your visits, you can promote synchrony by encouraging parents to think about how their baby is feeling, or what their baby is communicating. Then, model for parents how they can match their baby’s mood with their voice and response. For example, you can say: “I know you’re cold, that isn’t fun. I’m right here and I’m going to get you dressed.”

See this video for more information: [Synchrony](#)



Watch the Video!

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