

WEBVTT

NOTE duration:"00:01:24.6140000"

NOTE recognizability:0.922

NOTE language:en-us

NOTE Confidence: 0.91565293

00:00:02.810 --> 00:00:04.164 Parents are often overwhelmed

NOTE Confidence: 0.91565293

00:00:04.164 --> 00:00:06.186 by the demands of child rearing.

NOTE Confidence: 0.91565293

00:00:06.190 --> 00:00:07.830 The minding the baby approach

NOTE Confidence: 0.91565293

00:00:07.830 --> 00:00:09.470 helps them meet the challenge

NOTE Confidence: 0.91565293

00:00:09.529 --> 00:00:10.917 by being more reflective.

NOTE Confidence: 0.91565293

00:00:10.920 --> 00:00:12.755 Generally speaking, we get along

NOTE Confidence: 0.91565293

00:00:12.755 --> 00:00:14.942 better with the people around us

NOTE Confidence: 0.91565293

00:00:14.942 --> 00:00:16.664 when we try to understand them.

NOTE Confidence: 0.91565293

00:00:16.670 --> 00:00:18.698 That is especially true for parents.

NOTE Confidence: 0.91565293

00:00:18.700 --> 00:00:19.708 So when a

NOTE Confidence: 0.91565293

00:00:19.710 --> 00:00:21.550 baby cries, whether the parent

NOTE Confidence: 0.91565293

00:00:21.550 --> 00:00:23.757 should rock feed or put the

NOTE Confidence: 0.91565293

00:00:23.757 --> 00:00:25.787 baby down for a nap depends on

NOTE Confidence: 0.91565293

00:00:25.790 --> 00:00:27.818 why they are crying. Do they
NOTE Confidence: 0.91565293

00:00:27.818 --> 00:00:29.508 need comfort? Are they hungry?
NOTE Confidence: 0.91565293

00:00:29.510 --> 00:00:32.070 Are they tired and fussy?
NOTE Confidence: 0.91565293

00:00:32.070 --> 00:00:33.710 Asking these simple questions
NOTE Confidence: 0.91565293

00:00:33.710 --> 00:00:36.170 requires the parent to imagine what
NOTE Confidence: 0.91565293

00:00:36.237 --> 00:00:38.509 the baby might need or feel or want,
NOTE Confidence: 0.91565293

00:00:38.510 --> 00:00:41.800 and to test various possibilities.
NOTE Confidence: 0.91565293

00:00:41.800 --> 00:00:43.470 We call this being reflective,
NOTE Confidence: 0.91565293

00:00:43.470 --> 00:00:45.470 trying to understand the feelings, needs,
NOTE Confidence: 0.928026

00:00:45.470 --> 00:00:47.140 and thoughts that cause behavior.
NOTE Confidence: 0.928026

00:00:47.140 --> 00:00:49.054 Ideally, we do this all the
NOTE Confidence: 0.928026

00:00:49.054 --> 00:00:51.131 time because we are curious and
NOTE Confidence: 0.928026

00:00:51.131 --> 00:00:53.327 interested in what's going on in
NOTE Confidence: 0.928026

00:00:53.327 --> 00:00:55.487 the minds of those dear to us.
NOTE Confidence: 0.928026

00:00:55.490 --> 00:00:57.500 However many parents find this difficult,
NOTE Confidence: 0.928026

00:00:57.500 --> 00:00:59.024 feelings and thoughts can

NOTE Confidence: 0.928026

00:00:59.024 --> 00:01:00.548 be scary or disruptive.

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00:01:00.550 --> 00:01:02.755 And so parents want to avoid them.

NOTE Confidence: 0.928026

00:01:02.760 --> 00:01:05.316 Instead, they focus on stopping or

NOTE Confidence: 0.928026

00:01:05.316 --> 00:01:07.020 correcting the behavior without

NOTE Confidence: 0.928026

00:01:07.093 --> 00:01:09.676 wondering what the baby is telling them.

NOTE Confidence: 0.928026

00:01:09.680 --> 00:01:10.788 With the MTB approach,

NOTE Confidence: 0.928026

00:01:10.788 --> 00:01:12.450 parents feel calm enough and safe

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00:01:12.500 --> 00:01:14.436 enough to ask why to think about what

NOTE Confidence: 0.928026

00:01:14.436 --> 00:01:16.258 their child or themselves are feeling,

NOTE Confidence: 0.928026

00:01:16.260 --> 00:01:18.220 so they can respond in a way that

NOTE Confidence: 0.928026

00:01:18.220 --> 00:01:19.956 will help the child feel better

NOTE Confidence: 0.928026

00:01:19.956 --> 00:01:21.732 and help them feel better too.