

Affection Bursts

Affection Bursts are random displays of parental affection offered to the child

Large Affection Bursts

A large affection burst is when a parent randomly, and for no particular reason, gives the child a warm and affectionate **hug-and-snuggle**.

- These **hug-and-snuggles** can sometimes include brief playful (not aggressive) “raspberries” on the tummy or neck of the child.
- **Hug-and-snuggles** often involves a gentle rocking motion.
- **Hug-and-snuggles** ALWAYS include smiles and kisses, and sometimes laughter.
- A Large Affection Burst typically lasts between 3 -7 seconds, and a Large Affection Burst always disrupts what the child is doing.

Smaller Affection Bursts

A Smaller Affection Burst is when a parent randomly, and for no particular reason, reaches out and gives the child a **rub-pat-pat**.

- A **rub-pat-pat** is simply reaching out to stroke the child on the arm, shoulder or back.
- The “rub” of the **rub-pat-pat** typically is 3 -5 motions back and forth. Not so gentle that it tickles, not so firm that it’s aggressive.
- The “pat-pat” of the **rub-pat-pat** is typically 2 -3 pats by the parent to the child’s arm, shoulder, or back to signal the end of the **rub-pat-pat** smaller affection burst.
- In some cases, a second **rub-pat-pat** can be given, and sometimes a gentle squeeze with the parents hand on the child’s arm or shoulder can finish the **rub-pat-pat**.
- **Rub-pat-pats** typically have smaller parent smiles, but still have warm parent eyes, and a smaller affection burst is typically less disruptive to what the child is doing.

The Gentle Face Caress

- **The Gentle Face Caress** is a super-affectionate variation of the **rub-pat-pat**.
- **The Gentle Face Caress** typically occurs in a quiet parent-child moment and involves the parent gently stroking the child’s cheek, jaw, hair, and/or forehead.
- **The Gentle Face Caress** is not so gentle that it tickles, but it still contains the “warm gentleness of affection” and it often contains the “quiet eyes of affectionate delight”

As humans, we try to understand the meaning of other people’s actions. How will a child understand the meaning of a random, and for no particular reason, Large or Smaller Affection Burst? Why did the parent do that just now?... for no particular reason? The child’s internalized wordless answer to this question is what we want the child to experience.

(Answer: the child’s simple being inspired a feeling of warm affection in the parent... simply because the child is; that the parent is an ever-present affectionate presence; a safe, secure feeling of being watched over... loved)