

PARENTING SUPPORT

WHY SOME BABIES ARE HARDER TO SOOTHE

INFANT TEMPERAMENT,
ATTACHMENT & GOODNESS OF
FIT



WHAT IS TEMPERAMENT

If you've ever looked at your baby and thought, Why does this feel so hard?—you're not alone.

Some babies settle easily. Others don't. Some parents feel confident quickly. Others feel like they're constantly second-guessing themselves.

What most parents aren't told is that much of this has nothing to do with how good of a parent you are—and a lot to do with temperament.

Temperament is the way your child is wired from the very beginning. It shapes how they respond to the world, how intensely they feel things, and how easily they can be soothed. It's biological. It's neutral. And it's not something you caused.

Understanding temperament doesn't make parenting effortless—but it does make it make more sense.



WHAT GOODNESS OF FIT REALLY MEANS



Goodness of fit is a simple idea with a powerful impact.

It describes how well a child's natural temperament matches the environment, expectations, and responses around them.

When the fit is off, babies often look fussy, overwhelmed, or hard to soothe. Parents may feel discouraged, anxious, or like they're missing something everyone else seems to know.

When the fit improves, things don't magically become easy—but they often become calmer, clearer, and more connected.

But here's the good news:

Goodness of fit is something you grow into.

It's not instinct. It's not automatic. It's learned over time.



Some bonds are built quietly, through patience, presence, and learning along the way.

A FEW WORDS ABOUT INFANT TEMPERAMENT



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Infancy (0-1 Years)

Crisis: Trust vs. Mistrust

Key Task: Developing security and trust.

Important Event: Feeding

Parental Tip: Respond consistently with love and care to build trust.

The goal of infancy is to build trust that a caregiver will meet their needs. This is the foundation for secure attachment.

How a baby responds to the world is their temperament. Researchers often describe infant temperament using patterns—not labels. Most infants fall somewhere along these patterns:

● Easy-Going

- Adapts quickly
- Regular sleep and feeding
- Easily soothed.

● Slow to Warm Up

- Cautious with new people or environments
- Needs time and repetition
- Warms up gradually

● Highly Sensitive / "Difficult"

- Intense reactions
- Irregular sleep or feeding
- Easily overstimulated
- Takes longer to soothe

None of these are "better" or "worse."

They are biologically based—not parenting failures.

PRACTICAL WAYS TO IMPROVE THE FIT



Respond Earlier, Not Bigger

For babies who feel things intensely, waiting often makes things harder. Try responding to early cues—before crying escalates. Quicker, gentler responses help sensitive nervous systems settle and build trust over time.



Simplify Before You Troubleshoot

If your baby seems fussy or unsettled, pause before assuming something is “wrong.” Lower the lights, reduce noise, slow transitions, and simplify the environment. Many babies aren’t difficult—they’re overstimulated.



Let Your Baby Set the Pace

Some babies need time to watch, warm up, and feel safe before engaging. Narrate what’s coming next, allow observation without pressure, and trust that engagement will come in its own time.



Stay Attuned—Even When Things Are Easy

Easy-going babies may not demand much, but they still need connection. Staying present during calm moments builds attachment just as much as responding during hard ones.



Change the Story You Tell Yourself

When parenting feels hard, notice the narrative running in your mind. Instead of “I’m bad at this,” try “My baby needs a specific kind of support—and I’m learning it.” That shift alone changes how you show up.



These adjustments aren't indulgent. They're attuned, and attunement is how secure attachment grows.

NOTICE IT, NAME IT, NURTURE IT



Secure attachment isn't built by never missing a cue or always knowing the answer. It's built in the trying. In the learning. In the return.

It's built when a parent says, "I don't have this all figured out—but I'm here." That is more than enough.



Begin by noticing your baby's cues—both verbal and non-verbal. Crying, facial expressions, body posture, and changes in movement are all forms of communication. These signals aren't random; they're your baby's way of telling you something about what they're experiencing.



Babies don't have the words to explain what they need—so they rely on us to interpret. Their distress doesn't mean something is wrong; it means they need support. That support might be feeding, diapering, swaddling, cuddling, singing, movement, or simply your calm presence.

When you respond, you're teaching your baby that they can trust you.

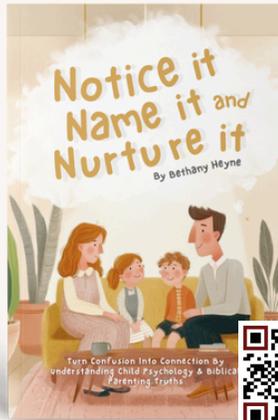


Support your baby's needs moment by moment, even when it feels repetitive or exhausting. This steady, responsive care is what builds trust and secure attachment over time. And remember—nurturing includes caring for your needs too. Finding a mom's group, parenting class, or supportive community gives you encouragement on the hardest days, so you're not carrying this alone.

PARENTING BOOKS

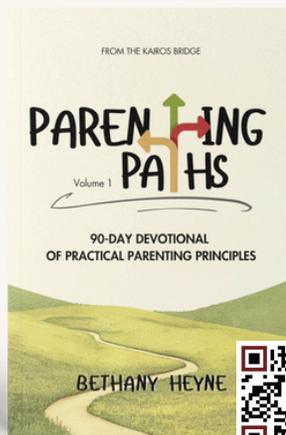
Resources designed to strengthen your parenting and your personal journey. Discover tools that deepen self-awareness, resilience, and connection.

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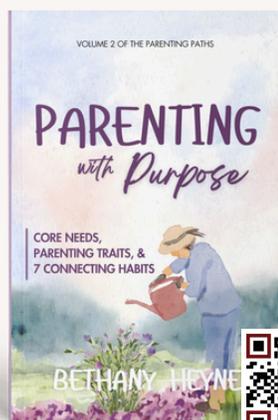
NOTICE IT ~ NAME IT ~ NURTURE IT

- This is the **cornerstone of the work** we do at The Kairos Bridge
- A simple **three-step framework that transforms everyday parent-child interactions**
- Born from divine inspiration to guide parents with clarity and purpose.
- Rooted in **scripture**, supported by **science** for a balanced, confident approach.
- Helps you understand, respond, and nurture your child's emotional world



PARENTING PATHS - VOL 1

- This **90-day devotional** is an introductory look at some of the most common parenting topics — boundaries, discipline, emotions, communication, attachment, respect, responsibility, conflict & reconciliation
- It follows my signature method of teaching — **Principle, Application, Techniques for parents, Hope & Scripture**
- Want a deeper dive into one of these topics? Check out our other volumes.



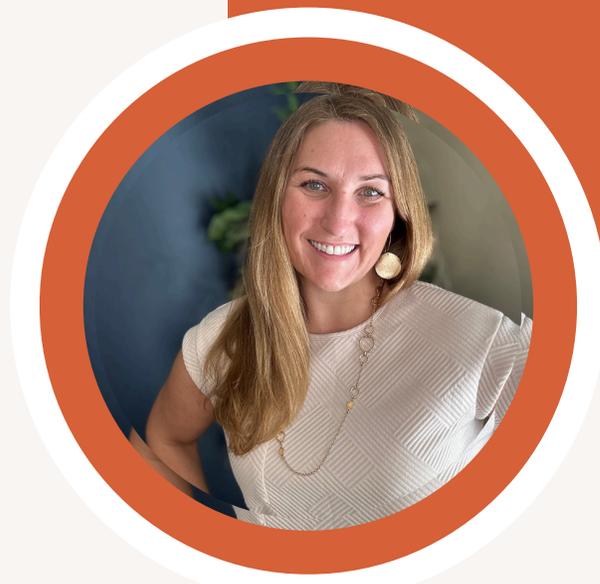
PARENTING PATHS - VOL 2

- This volume of Parenting PATHS provides a deeper look at three foundational topics — **core needs in child development, parenting styles & traits, and the 7 Connecting Habits.**
- This **self-paced guided devotional** follows our standard PATHS framework while adding in an element of personal reflection for growth.
- **23 flexible topics** you can complete in your own rhythm
- Our **companion stickers** are a fun add-on that allows you to track your progress with regular reminders in a prominent place, like your favorite cup or notebook.

Hi and welcome!

➤ Who Am I?

I'm **Bethany Heyne**, founder of **The Kairos Bridge**. I combine my love for Jesus, my background in **pharmacy & child psychology**, and my personal journey as a **mom and bonus mom** to help parents unlock the beauty of how God designed the parent-child relationship to flourish.



➤ What Led Me to Parent Coaching?

My path **began in the world of science and medicine**. I spent years studying data, teaching future clinicians, and training people to think critically. But everything changed when I stepped into motherhood. Suddenly, the challenges were no longer textbook topics; they were bedtime meltdowns, emotional overwhelm, and the quiet pain behind a slammed door. Parenting revealed parts of my own heart that still needed tending.

➤ Was There a Turning Point In My Story?

Yes. A season of **heartbreak and betrayal** stripped away the illusion of control and made me confront deeper emotional and spiritual roots. In that painful season, God revealed that the struggles I faced in my home weren't just about my children... **they were mirrors reflecting the unhealed places in my own heart**. That realization was the beginning of everything.

➤ Why Did I Pursue Further Studies?

I returned to school to pursue my **Master's in Child Psychology**, aiming to deepen my understanding of the emotional, spiritual, and developmental needs of children and their parents. I didn't pursue the degree for a title, but for transformation. And what I learned changed everything about how I parent, relate, and coach.

➤ What Realization Changed My Life?

Our children cannot grow into what we do not first embody. Parenting is not about control; it's about becoming the example. The healing we allow God to do in us becomes the healing we pass on to our children.

➤ Why Did You Start The Kairos Bridge?

When God asked me to begin this work, my initial response was hesitation: **"Why me?"** His answer was simple: **"Because I invited you."** The Kairos Bridge was born from that invitation —a calling to guide parents toward emotionally healthy, spiritually anchored, grace-filled family relationships.