

Bonding board explanation

Build up

The board is divided into two mirror-symmetrical halves. The table shows the encoding used to describe movement patterns:

y-axis: emotion / arousal (color)	AX4Y4	AX3Y4	AX2Y4	AX1Y4	BX1Y4	BX2Y4	BX3Y4	BX4Y4	4
	AX4Y3	AX3Y3	AX2Y3	AX1Y3	BX1Y3	BX2Y3	BX3Y3	BX4Y3	3
	AX4Y2	AX3Y2	AX2Y2	AX1Y2	BX1Y2	BX2Y2	BX3Y2	BX4Y2	2
	AX4Y1	AX3Y1	AX2Y1	AX1Y1	BX1Y1	BX2Y1	BX3Y1	BX4Y1	1
	4	3	2	1	1	2	3	4	
	A				B				
	x-axis: closeness								

Statement to Clients

People who do not yet know the bonding board are introduced like this or something similar:

This is a kind of game board on which typical behavior patterns can be represented or reenacted.

The child has one side of the board that they can move around in (circling with child figure on side B), and the caregiver has their own, which can be the mother, father, or even a teacher or other caregiver (with adults -circle figure on side A).

Now there are four columns on each side where emotional closeness can be shown. Either the person is emotionally close to the other person or seeks closeness (move up and down with a figure in column x-axis 1), or he or she is reachable (move up and down in column x-axis 2), for example, a child may be playing or working on something and the mother, father, teacher or other caregiver is otherwise busy, or the child may be out of sight in the bedroom or a play area, but if the child called, the caregiver would be available and would come because she is emotionally responsive. In the third column (move up and down with a figure), the person is no longer available emotionally, closed off, maybe sulking. And on the sides (move up and down in column 4) the person is physically absent.

Then there are four rows that represent the emotional behavior or arousal. In the belly of the character you can always see how he or she is doing. Blue stands for calm (moving back and forth with figure in blue line), green for active (moving back and forth), yellow for stressed (back and forth) and red (back and forth) for scared or angry.