

ATTACHMENT

Today's Idea: Why Knowing Isn't Enough

Children don't change expectations through explanation; they change through experience.

What I Notice

- Times I've tried to reassure my child include _____

- My child's response to reassurance is often _____

What This Might Be About

- If my child doesn't trust words yet, they may need _____

- This makes sense if past experiences were _____

What Comes Up for Me

- When reassurance doesn't work, I notice I feel _____

- I sometimes worry that _____

Gentle Reframe

"Safety is learned through what happens over time, not what is said once."

Final Reflection

- One experience I want to prioritize over explanation is _____
