

ATTACHMENT

Today's Idea: Safety, Not Behavior

Behavior tells us how safe a child feels, not how cooperative they are.

What I Notice

- When my child feels unsafe, their behavior looks like _____

- A situation where behavior escalates quickly is _____

What This Might Be About

- If this behavior is about safety, it might be saying _____

- My child may be scanning for _____

What Comes Up for Me

- When behavior escalates, I tend to think _____

- My emotional reaction in these moments is _____

Gentle Reframe

“Behavior is information about safety, not a personal challenge.”

Optional Reflection

- One question I can ask myself in these moments is _____
