

ATTACHMENT

Today's Idea: Attachment Lives in the Body

Attachment responses happen automatically, before thinking.

What I Notice

- My child's body response to stress often looks like _____

- This happens most when _____

What This Might Be About

- If this is a nervous system response, it might be saying _____

- My child's body may be remembering _____

What Comes Up for Me

- When my child reacts quickly, my own body responds by _____

- I notice tension in _____

Gentle Reframe

"This reaction is automatic and protective, not intentional."

Optional Reflection

- One way I can slow myself down first is _____
