

ATTACHMENT

Today's Idea: Testing and Uncertainty

Testing helps children learn whether adults are safe and reliable.

What I Notice

- My child seems to test me by _____

- This often happens after _____

What This Might Be About

- If this is testing, my child may be asking _____

- They may be watching to see if _____

What Comes Up for Me

- When I feel tested, I tend to feel _____

- My urge in these moments is to _____

Gentle Reframe

“Testing is a sign of uncertainty, not disrespect.”

Final Reflection

- One thing I want my child to experience consistently is _____
