

ATTACHMENT

Today's Idea: Attachment Is Built Through Repeated Experiences

Children learn what to expect from patterns, not intentions.

What I Notice

- A pattern I see in my child's responses is _____

- This tends to happen most often when _____

What This Might Be About

- If my child is responding to patterns, they may be expecting _____

- This could make sense if past care was _____

What Comes Up for Me

- When I think about consistency, I notice I feel _____

- A pressure I sometimes carry as a caregiver is _____

Gentle Reframe

"Change happens through repeated experiences, not single moments."

Final Reflection

- One small way I can focus on predictability is _____
