

## 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 \_\_\_\_\_

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- This tends to happen most often when \_\_\_\_\_

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#### What This Might Be About

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

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- This could make sense if past care was \_\_\_\_\_

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#### What Comes Up for Me

- When I think about consistency, I notice I feel \_\_\_\_\_

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- A pressure I sometimes carry as a caregiver is \_\_\_\_\_

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#### Gentle Reframe

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

#### Final Reflection

- One small way I can focus on predictability is \_\_\_\_\_

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