

ATTACHMENT

Today's Idea: What Attachment Really Is

Attachment is about what a child has learned to expect from adults when they are distressed.

What I Notice

- When my child is upset, they usually _____

- A recent moment that stands out to me is _____

What This Might Be About

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

- My child may have learned that adults _____

What Comes Up for Me

- When this happens, I notice I feel _____

- My body tends to react by _____

Gentle Reframe

“My child’s behavior reflects learned expectations, not a lack of love or effort.”

Final Reflection

- One thing I want to remember from this lesson is _____
