

*I am an*

**AWESOME**

*Parent*

**A**

I create Secure ATTACHMENT with my child by being available, responsive, and attuned to their needs

**W**

I WORK on taking care of myself physically and emotionally so I can SHOW UP my best for my child each day

**E**

I actively ENGAGE with my child and show genuine interest in them

**S**

I practice the 4 S's with my child, helping my child feel Safe, Seen, Soothed, and Secure

**O**

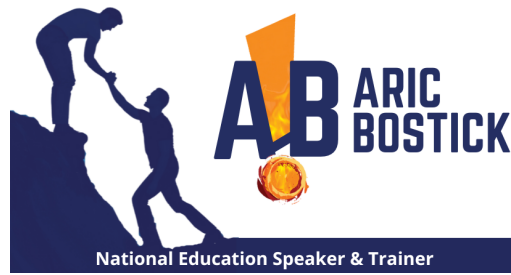
I OWN my mistakes and *repair* with my child whenever there is a *rupture*

**M**

I MODEL healthy behavior, knowing my child will most likely do what I do

**E**

I am EMOTIONALLY present for my child, not only physically present



PARENT  
RESOURCES



# AWESOME PARENT

## *Daily Practices*

**A**

I AWAKEN my child with love and kindness each morning

**W**

I accept my child for WHO they are

**E**

I ENCOURAGE my child and praise them each day

**S**

I am SPONTANEOUS and fun

**O**

I am OPTIMISTIC that my child will have a great life

**M**

I MODEL success each day by living a happy and healthy life

**E**

I EMPATHIZE with my child by listening to them and supporting them