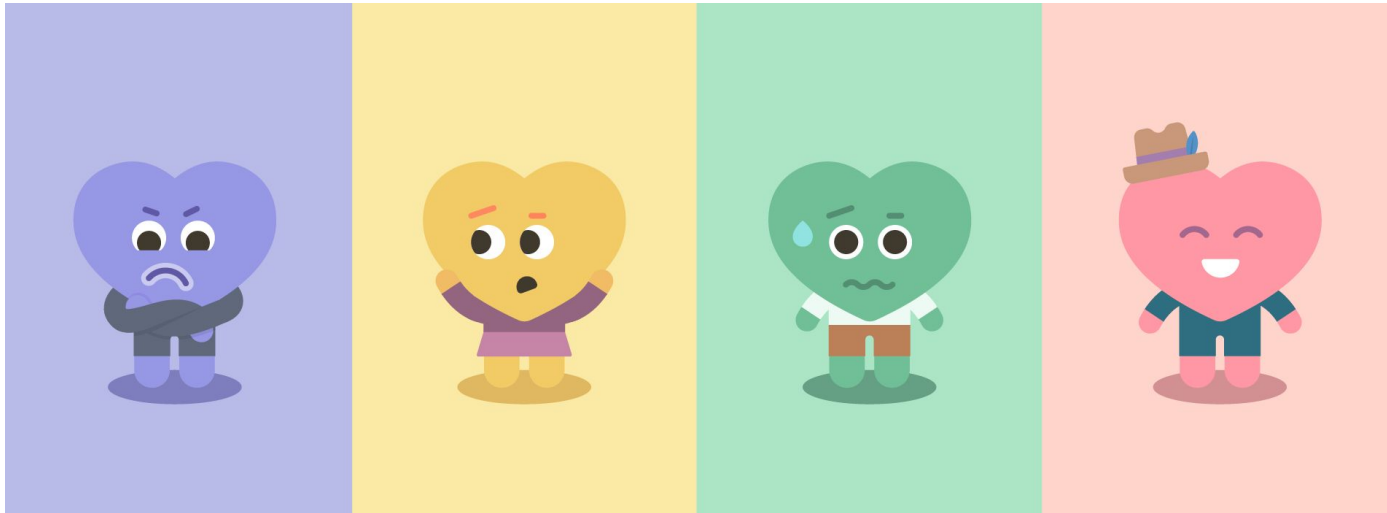


What to expect



Attachment

Our Attachment Style, wired by toddler age, tells us if we can feel safe in relationships and trust others.



Here's what it can look like in action.



Here's what we can do to nurture and grow secure bonds.

Physical Activity	Eye Contact	Touch	Memory/Family Traditions
<p>Outside games that require back and forth: football, catch, running, walking together</p>	<p>Take 5: at the end of each day, take 5 minutes (just you and your child) and talk about anything "light"</p>	<p>hand on the shoulder</p>	<p>Scrapbooks/Lifebooks: Gather and keep important information about your child- pictures, school work, art projects. Do this WITH your child- ask your child for help with choosing what art projects are extra special</p>
<p>Cooking</p>	<p>Jokes/riddles</p>	<p>Hug</p>	
<p>Folding laundry</p>	<p>Charades</p>	<p>Cuddle and watch a movie</p>	
<p>Reading Together</p>	<p>Family Meal Time</p>	<p>hair brushing</p>	<p>Hair styling</p>
<p>Playing a video game (make sure eye contact)</p>	<p>No digital time for kids or adults during these times: car rides, meal time, family game time, watching tv</p>	<p>finger nail painting</p>	<p>Look at pictures on phone or album and reminisce</p>
<p>Family Meal Time</p>	<p>Anywhere humans can practice and learn social skills</p>	<p>"draw" on their back with your finger and have your child guess what you are "drawing"</p>	<p>Tell stories about things in your family</p>
		<p>Family Meal Time</p>	<p>Family Meal Time</p>

Ask yourself these questions:

1. Do I usually know where my child is?
2. Are we connected?
3. Do we have family meal time a few times a week?

Family Fun

<p>Week 1 Kitchen fun</p>	<p>Bake cookies Cook a meal Prepare a side dish Set the table Clean up as a family “Fancy” plates and dishes dinner Dinner made by kids Dessert for Dinner</p>
<p>Week 2 Outside Fun</p>	<p>Decorate for the holiday or winter Bundle up and sit on the step with hot chocolate Take a walk Make paper snowflakes and hang them Talk to/meet a neighbor Outside clean up (spend some time organizing your outdoor property)</p>

Family Fun

<p>Week 3 Night time fun</p>	<p>Watch a movie Make popcorn Family game night Spend time telling stories from when you were younger Slumber party on the couch Put on music and dance (even if the kids think it's weird they will love it!)</p>
<p>Week 4 Social Media Fun</p>	<p>Find some inspirational Instagram pages and follow Make a silly Tik Tok dance Look through social media sites as a family and talk about it (pros and cons) Do a quick self check (adults too ;) See how much time you are spending away from each other on social media Search fun places or things to do and make a list!</p>
<p>Week 5: Bucket List</p>	<p>Make a list of things to do in</p>

What do you do that works?
Let's Share

