



Connection and attachment Practices

1) Attachment Exercise

Take a few minutes to watch your child. Just watch, being present in the here and now. You can do this when your child is sleeping, eating, playing, in the bath, or while having a conversation or a snuggle with your child. Just notice how your child looks like, his or her ears, hair, eyes, facial features, body, hands, etc. Then notice how your child moves, talks, acts etc. Try not to judge or focus for too long on any particular part. Just notice your child as it is now. Our children grow and change each year. Try to just be in the moment here and now with your child. Enjoy seeing this little creature you created and get the privilege to love.

2) Gratitude Journal

Continue to write in your gratitude journal once a day. This week focus on attachment and connection with your child or children.

3) Attachment Worksheet

Once a day, describe a challenging situation you faced with in the attachment worksheet. Focus on a situation with your child or children, where you could have used opportunity to focus on your relationship with your child or where you did manage to focus on the relationship.

4) Being in the present moment Audio Meditation

5) Body Scan Audio Meditation

We have recorded a 'Body Scan' meditation for you. You can download it from our website under Resources for Workshop Participants. Listen to and follow the instructions for the Body Scan a few times this week. It is ok if you fall asleep while listening – you may just need the rest.