

# Positive Attachment Checklist

## Love

Express love and kindness in lots of different ways, with:

- a warm tone of voice
- eye contact
- smiles
- loving words
- gentleness
- fun treats
- cuddles when they want them.

## Respond

Respond as quickly as possible to needs, distress and cries for help.

## Soothe

Comfort when they're sad by:

- listening
- hold
- rock
- sing

## Attention

Spend one-to-one time, doing the things they enjoy the most.

## Warm acceptance

Accept with smiles and open arms, especially when they had an accident or when something doesn't go to plan—and helping them to put it right again.

## Forgiveness

Forgive quickly, so they know they are still loved, even though they've made a mistake.

## Protection

Make sure they feel safe from harm and being there for them when they feel afraid.

## Respect

Treat them with respect and not tease, shame, put down or laugh at them. Explain new situations in advance, so they're prepared for what is likely to happen.

## Cherish

Let them know that they're special and treasured by each person in the family, and that they bring them joy:

- "We're so glad you're our son/daughter!"
- "Being your mum makes my heart feel so happy!"
- "We're really glad we chose you and you came to live with us!"

## Encourage

Encouraging them through the different challenges in their life by supporting them, teaching them new skills and making practise fun.

## Appreciate

Thanking them whenever they do something helpful and letting them know when they make good choices.

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