

Hold On to Your Kids

by Gordon Neufeld, Gabor Maté

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Collect before you direct**

Before the next instruction, get warm contact first: say their name gently, catch their eye, smile, touch a shoulder if welcomed, and wait for a small yes before asking for action.

MON TUE WED THU FRI SAT SUN

⁰² **Build one non-negotiable connection ritual**

Choose a daily or weekly moment that exists only for belonging: breakfast counter, drive home, bedtime check-in, Saturday errand, or a short walk. Protect it from phones and lectures.

MON TUE WED THU FRI SAT SUN

⁰³ **Bridge the next separation**

When leaving, ending a conversation, or sending them into school, name the next point of connection: 'I am looking forward to seeing you after practice.' Attachment survives better when it has a bridge.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Audit who is orienting your child**

Notice whose opinion changes their clothes, language, mood, values, and choices fastest. Do not shame the answer. Use it to decide where your relationship needs more warmth and presence.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Recruit an adult-rich village**

Identify two trusted adults who can be a mature attachment presence: grandparent, coach, aunt, family friend, mentor, neighbor. Children need more safe adults, not just more peers.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Trade surveillance for invitation**

Pick one place where you have been monitoring harder than connecting. Replace one interrogation with an invitation: food, help, humor, shared work, or a calm statement that you miss them.