

Raising Securely Attached Kids

by Eli Harwood

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 **Use The Safe Sentence**

In one hard moment today, say: 'I will not let you do that, and I am right here with you.' Keep the limit and the connection in the same breath.

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⁰² **Repair Within Ten Minutes**

After snapping, return quickly: name what happened, own your part, and reassure your child that the relationship is safe.

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⁰³ **Translate The Behavior**

Before correcting, write one possible need under the behavior: tired, hungry, scared, overstimulated, lonely, or seeking control.

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⁰⁴ **Build A Goodbye Ritual**

Create a predictable separation script with one hug, one phrase, and one return promise your child can count on.

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⁰⁵ **Practice Warm Limits**

Choose one recurring boundary and remove threats from it. Make it calmer, shorter, and more consistent.

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⁰⁶ **Notice Delight Out Loud**

Catch one moment of your child simply being themselves and narrate your enjoyment: 'I love watching how your mind works.'