



## Connected Kids: Break Screen Habits and Build Strong Families

### *The Goal of Attachment: Reaching Emotional Rest*

The purpose of attachment is to provide a sense of togetherness so deep that the child stops working to be close. **When the work of trying to gain attachment (attention getting behavior, being perfect, pursuing you, withdrawing, etc.) stops, rest begins.** Where rest begins, true maturation and growth occur.



### **The Power of Rituals:**

#### **Taking the “Work” out of Attachment**

- In traditional cultures, customs and rituals did the heavy lifting of keeping people connected.
- A ritual is a guaranteed, predictable structure for togetherness.
- When a child knows exactly when and how they will be gathered in, they do not have to anxiously work to get your attention.
- Rituals quiet the alarm system by providing a reliable rhythm of unconditional welcome

## **Cultivate Habits of Connection: Everyday Rituals to Ease the Alarm**

### **The Ritual of Hello and Goodbye:**

Never let a separation or a reunion go unmanaged. Make the morning greeting warm and intentional (collect the eyes, share a smile) before rushing into the day's agenda.

### **The Ritual of the Table:**

Protect the family meal. It is not about the food; it's about creating a sacred, daily space where the child is invited to exist in your presence without having to earn it. It might be pizza and salad, but what counts is the emotional connection – seeing your child, talking about what's going on in your life and theirs in positive ways. Avoid focusing on what they're eating and pay attention to how everyone is doing. Consider an opening ritual like each person describing something they appreciated about that day.

### **The Ritual of Bedtime:**

Transform bedtime from a countdown to separation into a comforting ritual of bridging (e.g., a special song, a set time for a final hug, talking about the next day's connection). Soften this this separation challenge with warm, calm contact.

