



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 attachment 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

Cultivating 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 is about creating a sacred, daily space where the child is invited to exist in your presence without having to earn it.

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).

