

THE BOND YOU HAVE WITH YOUR CHILD

The goal of this activity is to reflect on your relationship with your child.

First pick 3 words to describe your relationship with your child:

1. _____

2. _____

3. _____

Write down a memory of your child that describes each of the words you have chosen above?

1. _____

2. _____

3. _____

Now think back to the idea of having a secure bond and developing a secure base story and consider the similarities or differences with your memories.