YOU ARE YOUR KID'S BEST BET

10 Attachment Rituals

To hold onto your kids

Connection isn't built in big moments — it's built in the everyday ways we gather, return, repair, and delight in each other. When life gets busy these simple attachment rituals anchor us. They remind our kids who is holding on, who is leading, and who they can lean on.

Rest, Play, Grow

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The First Hello of the Day

A warm, unhurried greeting when they wake up — a couple of minutes to collect and engage. When connection leads, everything else follows.

The Family Meal as an Anchor

One meal a day (or as many as life allows) spent gathered, not perfect — devices away, eyes up, stories shared. It's about connection — not just food.

15 Minutes of Play

Daily moments of play — even a short burst — where there is no agenda, just experiences where you get lost in the moment because it is engaging.

Peach and the Pit

The "Tell Me One Thing" Check-In Each person answers: One good thing from today (peach)? One hard thing (pit)? Not to solve, but to listen.

The Evening Reset Walk

A short walk after dinner or before bed, helping bodies move to unload the day, and connect to each other with no agenda between you.

The Weekly Family Belonging Ritual

Movie night, pancake morning, game hour — something that repeats so kids can rest in the rhythm and predictability of being invited into relationship.

The Repair and Reconnect Moment

A simple ritual of circling back after conflict: "I'm here. I care. I'm working on this." It's not the apology that heals — it's the return and changes that happen.

Touchstones of Togetherness

Photos, phrases, or small keepsakes scattered through the home that anchor members in a sense of closeness and remind them of their village of connection.

The Micro-Connection

So often overlooked — a hand on the shoulder. A wink. A shared smile. Tiny moments that stitch the relationship together all day long.

The Goodnight Ritual

A predictable bedtime bridge: a way of catching up, bringing them to rest, a song, a story, a catch up, holding onto them until morning.