

Children are humans, and humans need things:

- Attention
- Affection
- Connection
- Direction



Attention

- Proactive
- Warm
- Responsive
- Consistent
- Predictable
- Mirror, Affirm, Respond



**In what ways do you
benefit from
attention?**



**Safe and unsafe
affection**



Unsafe affection

- Lack of affection (neglect)
- Sexualized affection (rape, molestation)
- Affection for pay (human trafficking)



Safe Affection

- Safe touch
- Play, clay, sway
- Deep pressure
- Handshakes
- Blowing a kiss
- Butterfly hug
- Sugar Scrub



**What are your favorite
ways to give/receive
safe affection?**



Connection

- Belonging!
- Purpose
- Meaning
- Contribution
- Gifts, passions, interests



Direction

- Roots and Wings
- Pathfinding



Thinking Together

- How do you center these in your life?
- What practices are you willing to prioritize for yourself and your family?
- What routines exist, what have you added, what would you be willing to add?



Much gratitude!

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