

THE FOUR PILLARS OF SECURE ATTACHMENT

Use the acronym S.A.F.E. to remember how to tend to these roots daily.

S

**Seen
(Attunement)**

- *The Fact: Children need to feel that their internal state is understood, not just their behavior.*
- *The Tip: Practice "Reflective Parenting." Instead of just saying "Stop crying," try "I can see that your heart is sad because we have to leave the park."*

A

**Alleviated
(Soothing)**

- *The Fact: A child cannot regulate their own nervous system until it has been regulated by yours thousands of times (Co-regulation).*
- *The Tip: When your child is upset, bring your "calm" to their "chaos." Your steady breath and soft voice act as a biological anchor for them.*

F

**Familiar
(Predictability)**

- *The Fact: The brain craves patterns. Predictability equals safety.*
- *The Tip: Rituals are the "soil" of attachment. Consistent bedtimes, "I love you" handshakes, or morning cuddles tell the brain, "The world is a safe place."*

E

**Enjoyed
(Delight)**

- *The Fact: One of the greatest gifts for a child's self-esteem is seeing their parent's eyes light up when they walk into the room.*
- *The Tip: Spend 5-10 minutes of "Special Time" daily where you follow their lead in play. No phones, no teaching, just pure delight in who they are.*