**Playbook to Inject the Healthy Undercurrent of Attachment**

*Unmet Primal Need Seed*

 **Restoring Emotional Family Bonds**

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As a family we will do the following to make our family stronger, improve communication, and have more fun together:

**WHO:**

* Mom & kids (Kathy & Mark)

**WHAT:**

* We will have a daily check-in and mealtime together Monday–Friday, and a Bedtime Ritual each day.

**WHEN:**

* This Playbook will begin Monday, October 26

**WHERE:**

* In our home

**HOW:**

* We will follow the instructions below:

**Daily Family Check-In:**

Every school day from 6:15pm-6:45pm, our family will sit down together in the living room and check in with one another.  We will start with the High/Low check-in (High=tell the best thing of the day; Low=tell the worst thing of the day) and then each person will say one thing nice about another family member.  We will use the “pen” technique so that everyone has a turn to talk and is not interrupted.  Mom will provide snacks for the check-in time.

**Dinner Time:**

Our family will work together to make dinner.  Everyone will participate in making the meal and we will all sit together in the living room.  Mom will turn on the radio while we prepare dinner and she will make sure that there are plenty of places for everyone to sit.  Mom will work with SOH to get a dining table for the family.

**Bedtime:**

Mom will check on each child in their rooms before she goes to bed.  She will say, “I love you” and “Goodnight” to each child. (Even if they have had a bad day)

**Mom’s Pledge:**

Mom will follow plan daily.

Mom will only drink one beer a day.

Mom will be awake when her children get home from school.