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

*Mental or Physical Impairment Seed*

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**The Hug Prescription**

**Who**:

* Joshua & mom and dad

**What:**

* Joshua and his mom and dad will hug daily according to the prescription.

**When**:

* This agreement will begin immediately after the dress rehearsal session, scheduled for Monday, November 9th at 6:00 PM.

**Where:**

* The dress rehearsal session will take place at home and the subsequent hugs will only occur in the privacy of the home with no other people around.

**How:**

*Hug Prescription Instructions*

* 6am-Hug by Dad **(Long hug 10 seconds or more on knees)**
* 3pm Hug by Mom then Hug by Dad
* 5:40pm- Hug by Mom **(Long hug 10 seconds or more on knees)**
* 8:30pm- Hug by Dad **Long hug 10 seconds or more on knees)**

*Other Parent Responsibilities*

* Dad will give mom a Hug and say “way to go” once during the day and once at the end of day for encouragement.
* Secret Signs= Kisses on cheek by both parents when needed