**Playbook to Inject the Healthy Undercurrents of Unconditional Love and Nurturance**

*Unhealed Wound Seed*****

**The Hug and PMR Prescription**

**Who**:

* Max & mom and dad

**What:**

* Max and his mom and dad will hug daily according to the prescription.
* Mom and dad will give Max one “PMR” (Positive Max Report) daily.

**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 and PMR’s will also 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)**

*Positive Max Report*

1. 1 x per day delivered by Mom
2. 1 x per day delivered by Dad even from the field

*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