



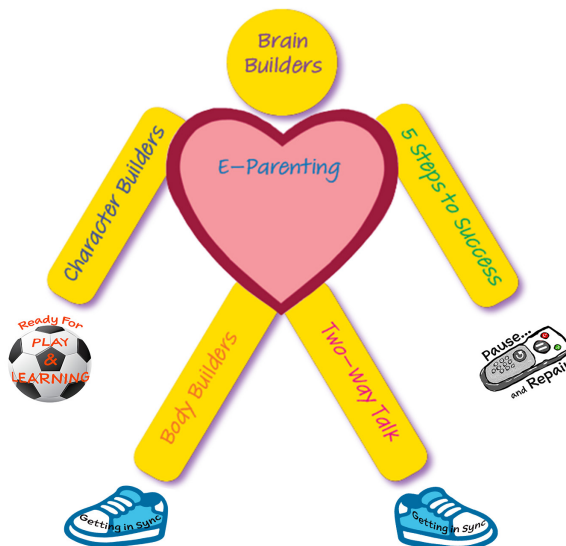
## Key Ingredients Recipe

### Handout JS1

## Recipe For:

Raising a child who feels safe, secure, loved, valued, curious, and capable.

## Key Ingredients:



## Directions:

Each day, try to practice every Daily Do and Attachment Booster as many times as you can. As you use these KEY INGREDIENTS, you'll grow a healthy relationship and strong bond that is unique and special to you and your child.

## Recipe Note:

\*It's not always possible to follow a recipe. Sometimes we run out of ingredients or we just don't have enough of something. On days when it seems impossible to use every ingredient, remember, you always have the MOST important ingredient of all... a parent's love.