

## Attachment and Connection Questionnaire For Parents and Teachers

	Yes	No
1. <b>Past Parental Relationships:</b> "Although my parents may have worked or been quite busy, I knew I was loved and cared for most of the time by one or both of my parents."		
2. <b>Intimacy Comfort Level:</b> "I feel comfortable showing intimacy with my children either through touch or words."		
3. <b>Demonstrative - Touch:</b> "I touch my children at least once per day in a show of affection" (parents – hugs, teachers – hand touch to shoulder/arm).  - or - <b>Demonstrative - Verbal:</b> "On a daily basis, I tell my children one positive attribute about themselves to build their self esteem."		
4. <b>Available:</b> "I make myself available to interact with my children on a regular, scheduled daily basis" e.g. meals or recess.		
5. <b>Responsive:</b> "When asked a question by my children, I generally stop what I'm doing, make eye contact, and answer the question as best I can."		
6. <b>Interactive:</b> "Rather than 'preach' to my children, I encourage questions and healthy interaction of thoughts and ideas."		
7. <b>Attachment and Connection:</b> "I know my children feel loved and cared for most of the time by me."		

Total number of "yes" answers \_\_\_\_\_. If you answered "yes" to all seven questions congratulations, you are a wonderful parent or teacher. If you answered "yes" to less than seven questions, you are still likely a wonder parent or teacher, but we also hope this questionnaire has pointed out some areas that you can work on to improve your attachment and connection with your children.

### Personal Attachment and Connection Plan

I, \_\_\_\_\_ plan to increase the amount of time spent with my children performing activities other than using technology, in order to improve attachment and connection, from my current \_\_\_\_\_ hours per day up to \_\_\_\_\_ hours per day.

Instead of using technology, I plan to do the following attachment and connection building activities with my children (circle or add new ones): reading them a book every night, family wrestling night, dancing, biking, climbing trees, playing sports, baking, sewing, playing cards and/or board games, playing outdoor games, do volunteer work, visit elderly people, garden, do family chores, build something, take something apart, or..... \_\_\_\_\_