

7 Traits of EMOTIONALLY MATURE Parents



Eli Harwood MA LPC
@attachmentnerd

www.attachmentnerd.com

ACCOUNTABLE

Emotionally mature parents are able to take ownership over the things they have done (or not done) that have caused hurt or rupture in a relationship.



They apologize and then do better.



Eli Harwood MA LPC
@attachmentnerd

AFFECTIONATE

Emotionally mature parents are able to give affection freely without any conditions. They understand the importance of expressing love and care in ways that their children want and need.



Eli Harwood MA LPC
@attachmentnerd

www.attachmentnerd.com

SECURE

Emotionally mature parents believe they are worthy and are not looking to prove themselves. They do not feel threatened by their children's failures or success.



Eli Harwood MA LPC
@attachmentnerd

www.attachmentnerd.com

FLEXIBLE

Emotionally mature parents do not need to always be in control. They can adapt to the needs of their children and the other important people in their life.



Eli Harwood MA LPC
@attachmentnerd

www.attachmentnerd.com

HUMBLE

Emotionally mature parents do not think they know everything or that their way is always the best way.

They can see error in their past choices and the need to continue to grow and learn.



Eli Harwood MA LPC
@attachmentnerd

EMOTIONALLY REAL

Emotionally mature parents HAVE emotions. They feel sad, scared, ashamed, angry, and full of excitement and joy. They share those emotions appropriately with their children and don't pretend not to have feelings.



Eli Harwood MA LPC
@attachmentnerd

www.attachmentnerd.com

PLAYFUL

Emotionally mature parents understand the importance of enjoying life together. They see the value in connecting for connection sake and not only to be productive.



Eli Harwood MA LPC
@attachmentnerd



www.attachmentnerd.com