



9 things
I want my children
to gain from
being parented
by me



Eli Harwood MA LPC
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1. BELONGING

There is no greater gift in the life of a human being, than the gift of feeling deep connection and place in relationships. I want my kids to know that their true authentic self belongs with me and in our family. That they are delighted in, seen, heard, and wanted.

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2. EMPATHY

Empathy is learned through empathy.
When someone connects to our
emotional states and gives us their
genuine compassionate presence,
it teaches us to do the same for others.
I want my kids to know the power
of receiving empathy so they
can feel the gift of it, and then
want to give it as a result.

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3. RESILIENCE

I want my children to have a deep
internal script about my belief
in their capacity to handle life.

Even the hard stuff.

That I trust their instincts and
that I will be there to give them
emotional support even
when their choices lead to
consequences.

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4. PLAYFULNESS

I want my children to be able to know the full depth of laughter and goofiness and the joy of doing things for no other purpose than pure silliness.

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5. RESPONSIBILITY

I want my children to learn how to take care of themselves, others, and the world effectively. To feel a part of the places they work and dwell so they can continue to make the world a better place. It feels good to live responsibly.

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6. ACCOUNTABILITY

I want my children to know the beautiful process of repair. How to own an impact they have made on another, how to apologize, and how to make it right. All without spiraling into shame, and instead feeling empowered.

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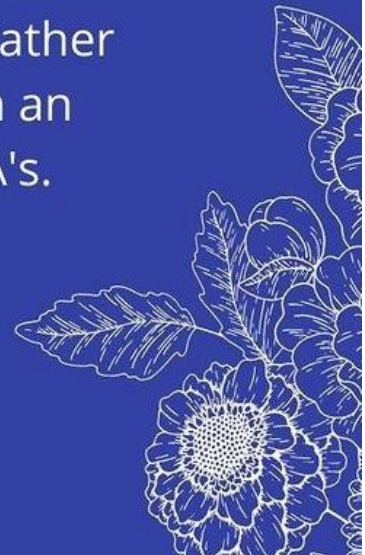




7. LOVE of LEARNING

I want my children to know that I am more excited for them to enjoy discovering the world, than I am for them to labor to produce particular grades or achievements. I would far rather a curious kid with C's than an anxiety ridden kid with A's.

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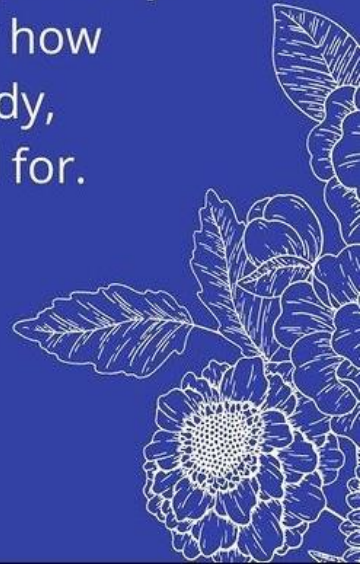




8. BODY CONFIDENCE

I want my children to know that their bodies are AMAZING. To trust their body cues and to delight in all the ways their bodies function. To know that the presence of their body is truly magical and that no matter how the world values their body, it is a treasure to be cared for.

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9. WORTHINESS

I want my children to feel worthy of all good things. Worthy of kindness and rest and boundaries and joy and adventure and love and living a life of connection and fulfillment.

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