**Examples of signs of ‘progress’:** (in developmental order) Box 11

* Managing eye contact
* Bearing and appreciating safe touch and holding
* Enjoyment and engagement in attachment-based play
* Being able to use a regular ‘limited regression’ opportunity
* A feeling in the attachment worker that a relationship is becoming important.
* A feeling of connection
* A move from repeated blaming and acting out to becoming upset or crying, and sharing their real feelings
* Being able to manage little supported separations. Use of a transitional object.
* Increased capacity to wait, whilst being held in mind
* A move from taking unbearable anxieties out on people (aggression) to taking them out on objects
* A developing ability to allow attachment figures to put words to feelings
* A capacity to acknowledge a feeling openly
* Any signs of bearing vulnerability (with empathic support)
* A child being able to use an attuned response to a possible underlying meaning of their behaviour
* A developing capacity to ask for or use help
* Sharing a personal experience
* A developing capacity to appreciate and believe praise.
* Managing to engage with attachment figure in talking a situation through
* Managing to stall his own escalating behaviour
* Showing awareness of or ability to discuss a ‘trigger’
* Managing to use suggested anger management practices
* Ability to manage a prepared and supported separation
* (non-verbally) indicating a wish for ‘repair’ after a ‘break’
* Allowing a significant adult to initiate repair at appropriate time
* Calming down after an outburst more quickly
* Play in the attuned attentive presence of attachment worker
* Ability to use play to express and work through issues symbolically
* Cooperative play enjoyed for a short period
* Ability to share an object
* Ability to take turns in a game
* Ability to bear little frustrations, make mistakes and try again, manage little challenges
* Ability to feel appropriate authentic pride
* Signs of group togetherness, friendship
* Ability to accept a boundary delivered with empathy
* Less resistance to beginning tasks
* Ability to use help with beginnings and endings
* Ability to remember something you told them and to take in information
* Expression of curiosity
* Ability or wish to sort something out
* Ability to tidy up without asking
* Ability to concentrate on a task in a secure setting
* Increased capacity to take risks in learning