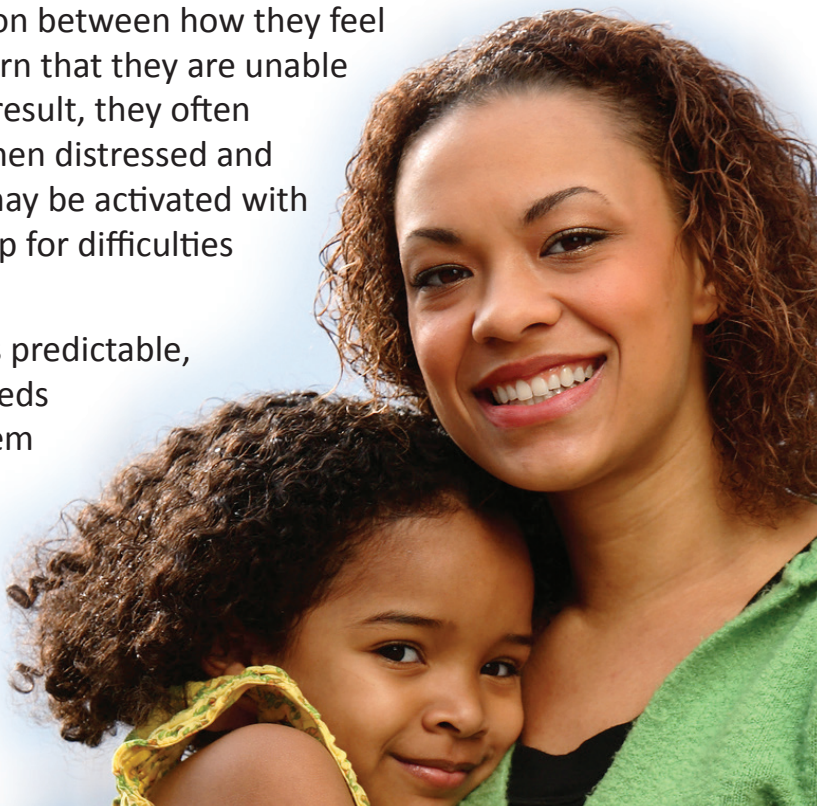


What is Attachment?

Attachment is, “A deep and enduring bond that connects one person to another across time and space.”¹

Why is Attachment Important?

- Interactions with others in the first few years of life form the building blocks that determine our outlook and understanding of how the world works and how we fit into it.
- Attachment:
 - Is a basic human need.
 - Provides a sense of predictability, safety, security and protection.
 - Serves as the foundation for care, comfort, stimulation and interaction.
- Children’s first attachments influence their view of the world, the quality of their future relationships, and the decisions they make about what they need to do in order to thrive or survive. It affects how they eventually parent their own children. It’s never too late to learn new ways to relate to the world and the people around us, but our earliest interactions always matter.
- Without attachment, infants may fail to thrive and may even die.
- When the care children receive is erratic they learn that their feelings are unreliable predictors of caregiver responses to their need for comfort and safety, resulting in difficulty making a coherent connection between how they feel and how caregivers respond. They learn that they are unable to rely on or trust their feelings. As a result, they often become difficult to settle and calm when distressed and their flight-flight-or freeze response may be activated with very little provocation, setting them up for difficulties throughout their lives.
- Children who experience the world as predictable, supportive and responsive to their needs develop the foundation that helps them learn and reach their intellectual potential.



¹ Simply Psychology. “Attachment Theory.” Accessed Aug. 31, 2015. 222.simplypsychology.org/attachment.html

What Can Be Done?

Build connection with children by:

Being positive

- offer encouragement
- celebrate successes
- laugh together

Having fun together

- sing
- be silly
- play together, following the child's lead
- talk to children about what you are doing and what they are experiencing

Using touch and eye contact

- massage
- play peek-a-boo
- snuggles, hugs and affectionate touch

Responding to children's needs consistently

- comfort children when they are upset
- feed children when they are hungry
- notice children's signals that say, "I am done" or "I need more" and meet that need



MORE INFORMATION



Understanding Attachment and the Development of Beliefs article

Adapted from presentation by Penny Davis, MA, based on training materials by Grossmont-Cuyamaca Community College District; Foster, Adoptive and Kinship Care Education Program; Attachment Parenting Class



Circle of Security Video

Reading this in print? Go to:
<https://www.youtube.com/watch?v=1w-pz8m0BFM8>



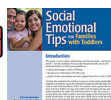
Circle of Security Tool and Instructions



Rebuilding the Foundation for Children with Insecure Attachments or Trauma

by Jody McVittie, M.D.

Adapted from Center for Early Childhood Mental Health Consultation (ECMHC), Georgetown University Center for Child and Human Development (CEMHC).



Social Emotional Tips for Families with Infants

From ECMHC, CEMHC.



Social Emotional Tips for Families with Toddlers

From ECMHC, CEMHC.



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www.circleofsecurity.net



Some Starters for Giving Positive Feedback and Encouragement

From the Center on the Social and Emotional Foundations for Early Learning.