

Supporting Attachment With Children And Their Families



Explore with Parents and Caring Adults Why Attachment is Important:

- Makes for a happy and secure child
- The child is more confident to explore the world around them
- It serves as an emotional and social support for future relationships
- Instills a sense of safety and trust for the child
- Helps with brain development, empathy and ability to soothe oneself
- Secure attachment is an important protective factor for a child's mental health

Here Are Some Ways to Form Attachment for Parents and Caring Adults:

- Notice what the child does – when they cry, babble, smile respond appropriately with a hug, eye contact or words
- Play together – give the child your full attention when playing and having fun together
- Cuddle the child, give lots of hugs, allow them to sit close
- Read to your child and with your child - <https://www.youtube.com/watch?v=Eeit2Q-96dM>

Articles:



The Conversation – From The Conversation website and written by a Professor and Research Fellows from the University of Calgary this article tells us how babies and children express their needs for support and how parents might respond. Also what the benefits of secure attachment are and what is a “secure base” for children.

<https://theconversation.com/how-childrens-secure-attachment-sets-the-stage-for-positive-well-being-213423>



Best Start – This is an excellent resource for parents and caregivers from Best Start. So much information on the Role of the Parent, the Attachment Figure and the Father, as well as walking you through what a baby and/or child can do and what you as a caregiver can do up until they are three years when it comes to attachment.

https://www.beststart.org/resources/hlthy_chld_dev/pdf/parent_attachment_eng.pdf



Psychology Today – This article speaks to attachment being the a child’s first coping system and goes on to tell us the different behaviours observed when you separate a child from their caregiver and then reunite them. It also shares attachment styles in adulthood.

<https://www.psychologytoday.com/ca/basics/attachment>



Etobicoke Brighter Futures Coalition – This resource chart comes from the Etobicoke Brighter Futures Coalition. It shows us some simple ways to help form attachment with children from prenatal right up to school age and beyond.

<https://connectability.ca/wp-content/uploads/2023/08/attachment-2.pdf>

Videos:



Psychology Canada – This webinar is full of information on the importance of attachment and its role. From Psychology Canada – Strong Minds, Strong Kids it goes on to discuss how attachment supports parent/child relationships, how to promote secure attachment and strategies for positive attachment.

<https://www.youtube.com/watch?v=Bz3kpDzbdRo>



Still Face Experiment – A very interesting experiment with a mother responding to her baby with no expression and then responding with love and nurturing to her baby’s cues and needs.

<https://www.youtube.com/watch?v=qY257rLtKmY>