

Attachment: What is attachment?



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VIRTUAL PARENT SESSIONS

DO

Respect confidentiality.

Respect others points of view.

Listen to each other.

Please mute your device.

Please ask questions or add comments via the chat icon.

Contact HSLW at your child's school for more support following the sessions.

DON'T

Record the sessions.

Interrupt.

Share personal information that may be shared within this session with others.

Attachment is not an event, it is a process starting at birth.

Attachment is the base upon which emotional health, social relationships and one's worldview is built. Our Foundation to build upon.

One thing is certain; if an infant's needs are not met consistently in a loving, nurturing way attachment will not occur normally.

A child's first year is a year of needs. When the infant has a need it initiates attachment behaviour in order to summon a nurturing response from the infant's attachment figure.



The more the child feels attached to the mother, the more secure he is in his acceptance of himself and the rest of the world. The more love he gets, the more he is capable of giving. Attachment is as central to the developing child as eating and breathing.

- Robert Shaw, M.D.

The need – gratifying response usually includes touch, eye contact, movement and smiles. When gratification occurs, trust is built. This cycle occurs hundreds of times a week and thousands of times in the first year, forming a synchronicity between parent and child.

The caregiver develops a greater awareness of their child and learns just how to respond. Through this the child develops good cause/effect thinking, trusts others, shows exploratory behaviour, develops empathy and a conscience.

How much happens early in our lives impacts individuals in later life.

Types of attachment

Attachment styles:

Scientific research on parent-child relationships suggests that two primary types of attachments form:

Secure attachments and insecure attachments.

Remember that this refers to a child's quality of connection to an adult caregiver, not the parent's feelings about the child.

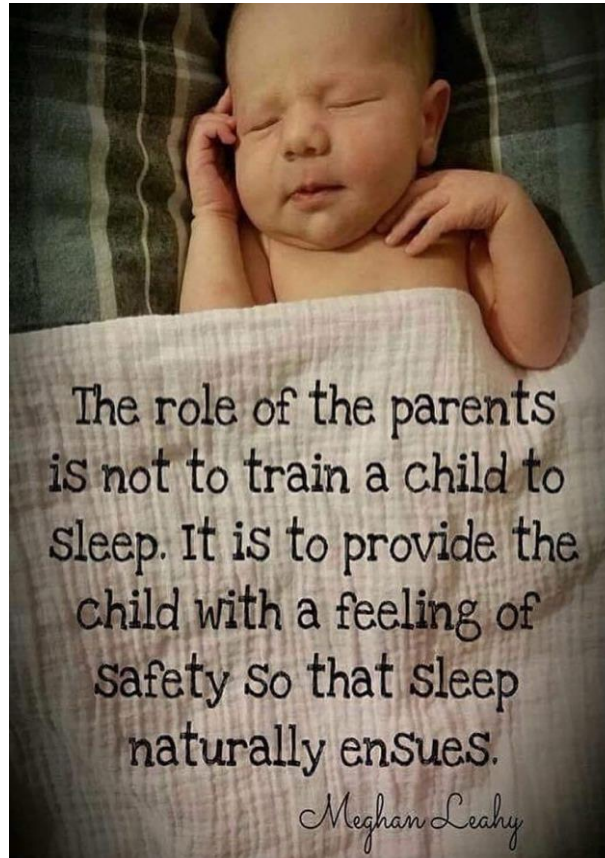
The following characteristics highlight each attachment type:

Secure attachment – Characterised by children who respond happily to interaction or reunion with parents, greet parents actively, explore the environment around them while knowing where the parents are, seek contact with parents when distressed and exhibit trust in their parents' responses to them.

Insecure attachment : resistant/ambivalent – Characterised by children who become anxious and seek parents but then struggle to get away, are reluctant to explore the environment, become upset easily and exhibit frustration with their parents' responses to them.

Insecure attachment : avoidant – Characterised by children who avoid or ignore a parent's presence, show little response when parents are close by, display few strong emotional outbursts, and may avoid or ignore a parent's responses toward them.

Insecure attachment : disorganised – Characterised by children who are not predictable in their behavior, seem unable to cope easily or be comforted when stressed, and show evidence of fear or confusion around a caregiver.



You will be amazed at all the hard work you as a parent have put in place to prepare your child for life.

You have spent 4 years filling their inner core with all the correct ingredients that will help them in life.

Then you have to let go, a new chapter of their life starts, they start school.

It's time to LET GO, release the apron strings a little.



How to Let Go and Let Your Child Grow Up

This notion of “letting go” can create levels of anxiety most parents have not prepared for, in an intensity they did not expect. Many report experiencing feelings of mourning and loss.

Certain events in your child's development mark the times when you must let go and allow your son or daughter to take another step toward becoming a free-standing human being.

Starting Nursery/school/university/moving out.

How to Let Go of Your Child

There is no one way to tackle and move through stages of your child's development. Every child requires different parenting, and every parent will do their best based on knowledge, experience, and available parenting tools.

The following are basic tips to assist parents as they move through the difficult transition of letting go, when that time comes. Starting early will help create a good foundation upon which you can build successes at each critical stage of your child's development.


Learn to recognize the difference between your child's needs and your own.

Set boundaries for yourself; practice giving your child space to grow.

Give your child a chance to master tasks alone and learn from mistakes.

Trust that the values you've instilled will inform their decisions.

Becoming aware of the reasons behind your need to be a parent to your child indefinitely is a good place to begin your letting-go process. Sorting out those mixed feelings that prevent you from letting go is the first step toward understanding and conquering one of the most painful parts of parenting.



The truth is, there is no other love that compares to the love a mother or father has for a child. Nothing can replace the bond that comes with caring for and protecting that child. Thus, a parent is operating out of pure love, reciprocated by the child, which creates the intense, unexpected love bond that is hard to break. It's no wonder parents have a tough time letting go and allowing the child to become independent.

Paul Simon was right about the Mother and Child reunion being a very close bond.

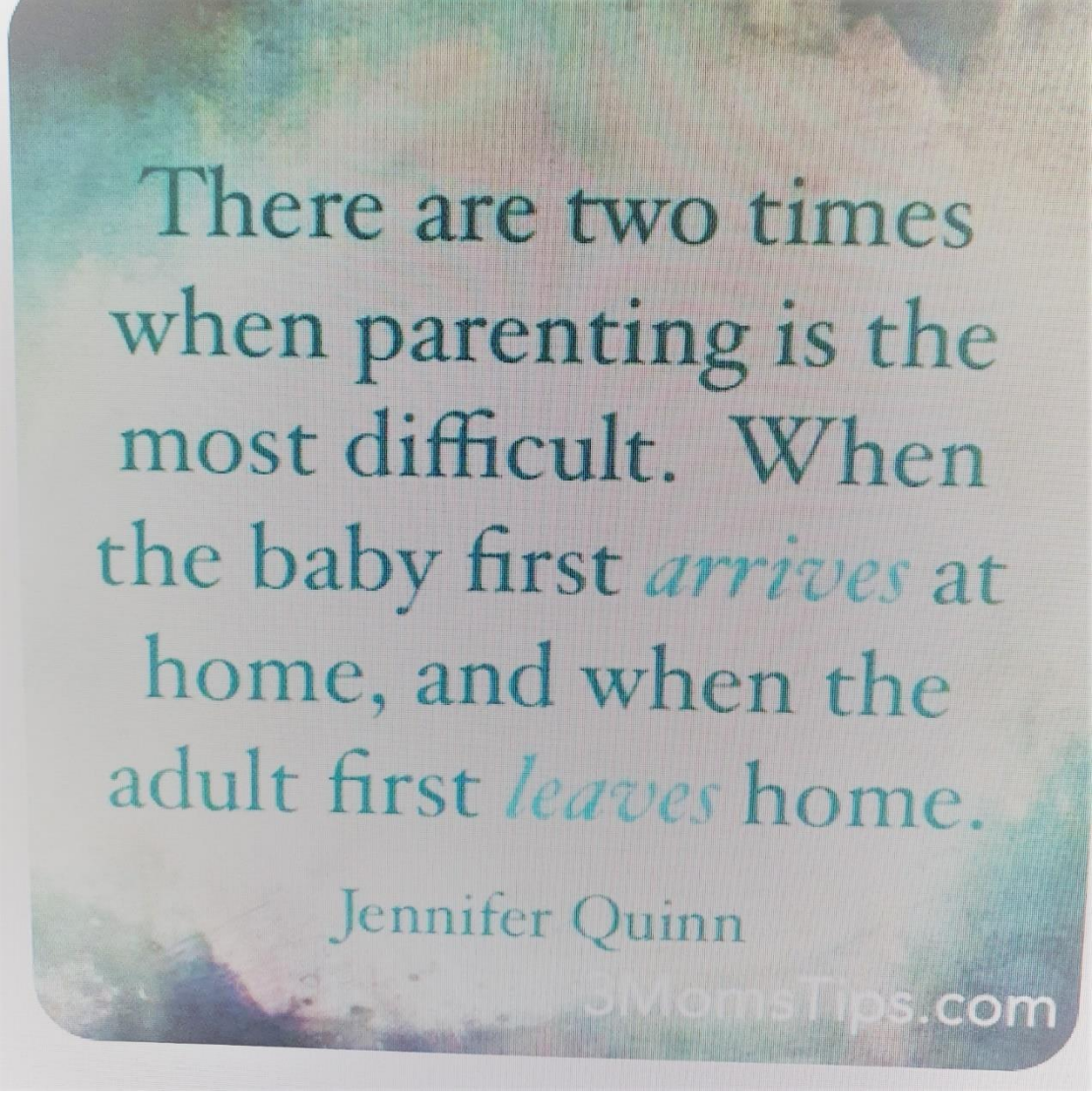
Parental emotions effecting the child

The regulation of Emotion is especially critical in parent child relationships for parents as role models.

The way you communicate can determine how constructive you are.

Be aware of non verbal messages, body language, facial expressions and tone of voice, these send powerful messages.

Tune in, beware of your self talk and body signals.



There are two times
when parenting is the
most difficult. When
the baby first *arrives* at
home, and when the
adult first *leaves* home.

Jennifer Quinn

3MomsTips.com

Whitney Houston's sang out loud five top tips for parenting, which is, "The Greatest Love of All."

- 1) I believe the children are our future.
- 2) Teach them well and let them lead the way.
- 3) Show them all the beauty they possess inside.
- 4) Give them a sense of pride to make it easier.
- 5) Let the children's [laughter](#) remind us how we used to be.



Thank you for joining us today

Please contact us for more information

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