



**ALWAYS AIMING HIGHER, TOGETHER**

**EXCELLENCE | RESPECT | COLLABORATION | RESPONSIBILITY | CREATIVITY**

# Attachment and Connection



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## Introductions



Introduce yourself to someone sat near you and find out about the most recent film they watched and who they watched it with.

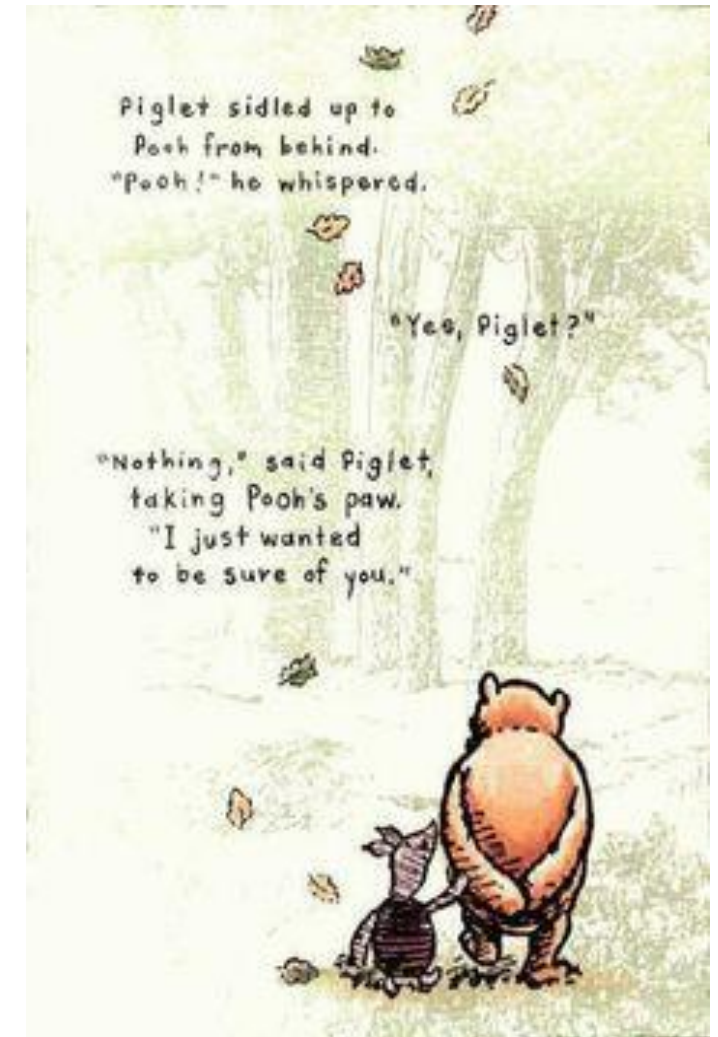


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## What is Secure Attachment?

Attachment is a deep and enduring emotional bond that connects one person to another across time and space ([Ainsworth](#), 1973; [Bowlby](#), 1969)

The central theme of Attachment Theory is that primary caregivers who are available and responsive to an infant's needs allow the child to develop a sense of security. The infant knows that the caregiver is dependable, which creates a secure base for the child to then explore the world.



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## Question:

What circumstances or events do you think might disrupt the forming of secure attachments?



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## Adverse Childhood Experiences: ACES

- Neglect
- Abuse : Physical, Emotional, Sexual
- Being placed in Care, Foster Care, Adoption
- Children in families where there is a history of mental illness
- Trauma (Either for the child or within the family)
  - Serious illness in family
  - Premature birth/NICU
  - Maternal postpartum depression
  - Family Breakdown (negative environment/constant conflict)



Question:  
What on-going difficulties do you  
think children with attachment issues  
experience?



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Attachment difficulties can make it hard for children to...

- Gain the confidence and the self-motivation that comes from exploring the world from a safe base
- Achieve developmental milestones
- Reach their intellectual potential
- Behave in a socially acceptable way
- Think logically
- Develop a conscience, have empathy
- Become self-reliant
- Cope with stress, frustration, fear, worry
- Develop good relationships with peers and teachers
- Feel like a worthwhile person

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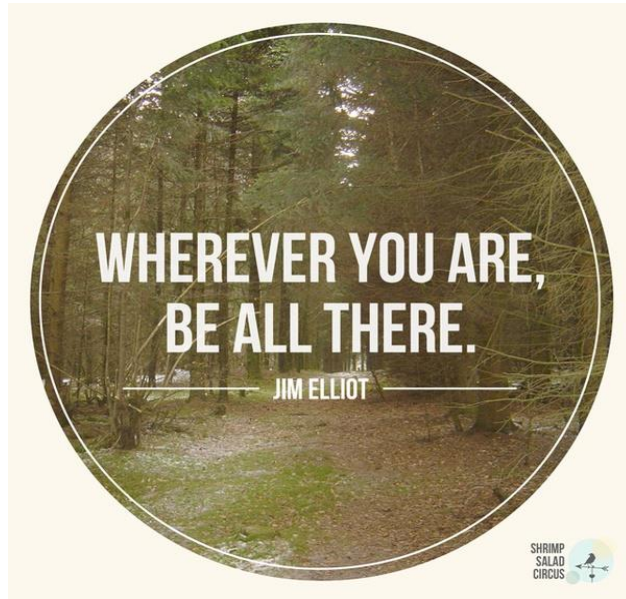
# Question?

## What can we do to encourage secure attachment in our children?



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## Be Present



- Attention
- Eye contact
  - Smiling
  - Listening
  - Talking
- Available

• Restrict your time on  
Mobiles/ipads/Laptops/Technology

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- Be Involved

- Share hands-on Experiences and Activities
- Reflect on our habits ( Using Technology to keep children quiet/avoid tantrums.)
- Reflect on our own strategies
- Model social connection, conversations and interaction.



Question:  
What could you do if you are  
concerned that your child or a  
child that you know might have  
Attachment issues?



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Sherry Turkle:

## Connected, but alone?

TED2012 · 19:48 · Filmed Feb 2012  
Subtitles available in 32 languages

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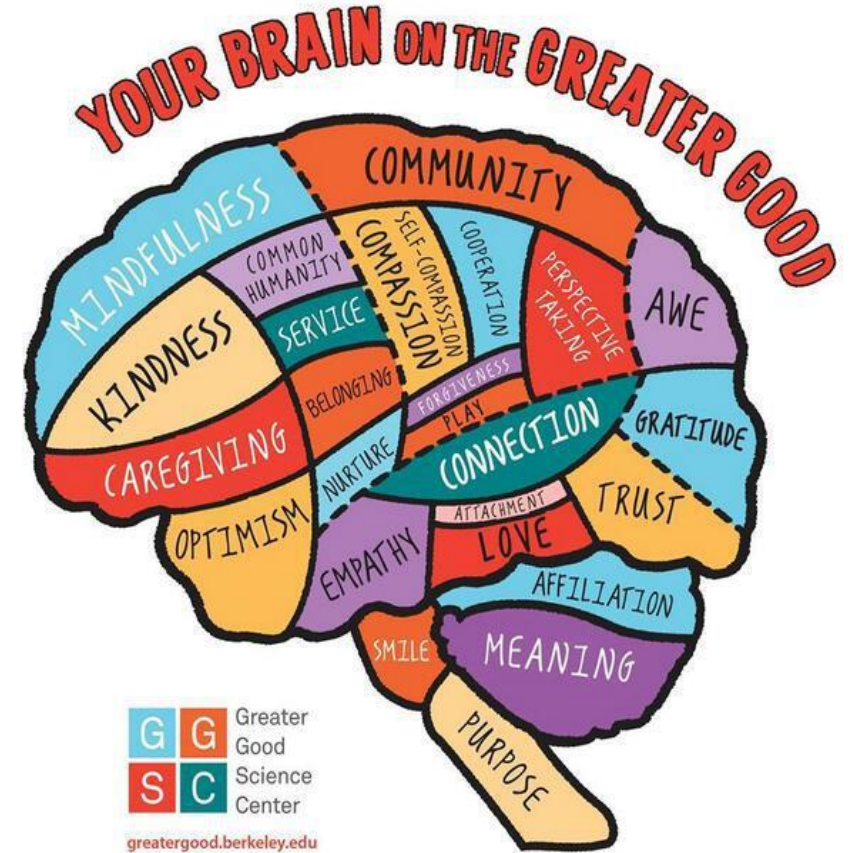
Nadine Burke Harris:

## How childhood trauma affects health across a lifetime

TEDMED 2014 · 15:59 · Filmed Sep 2014

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