



Workshop for parents

“Attachment parenting”

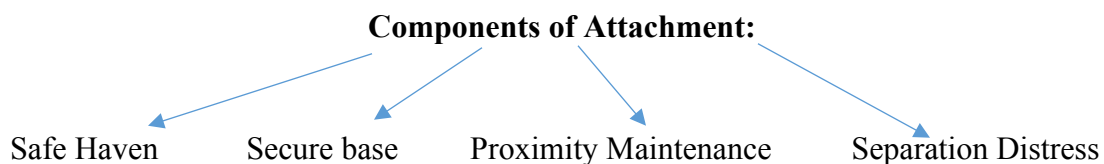
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Attachment

Attachment is a relationship between child and his parent leading to the children’s ability to trust others. Attachment helps the child to feel **safe, SECURE, loved, understood.**

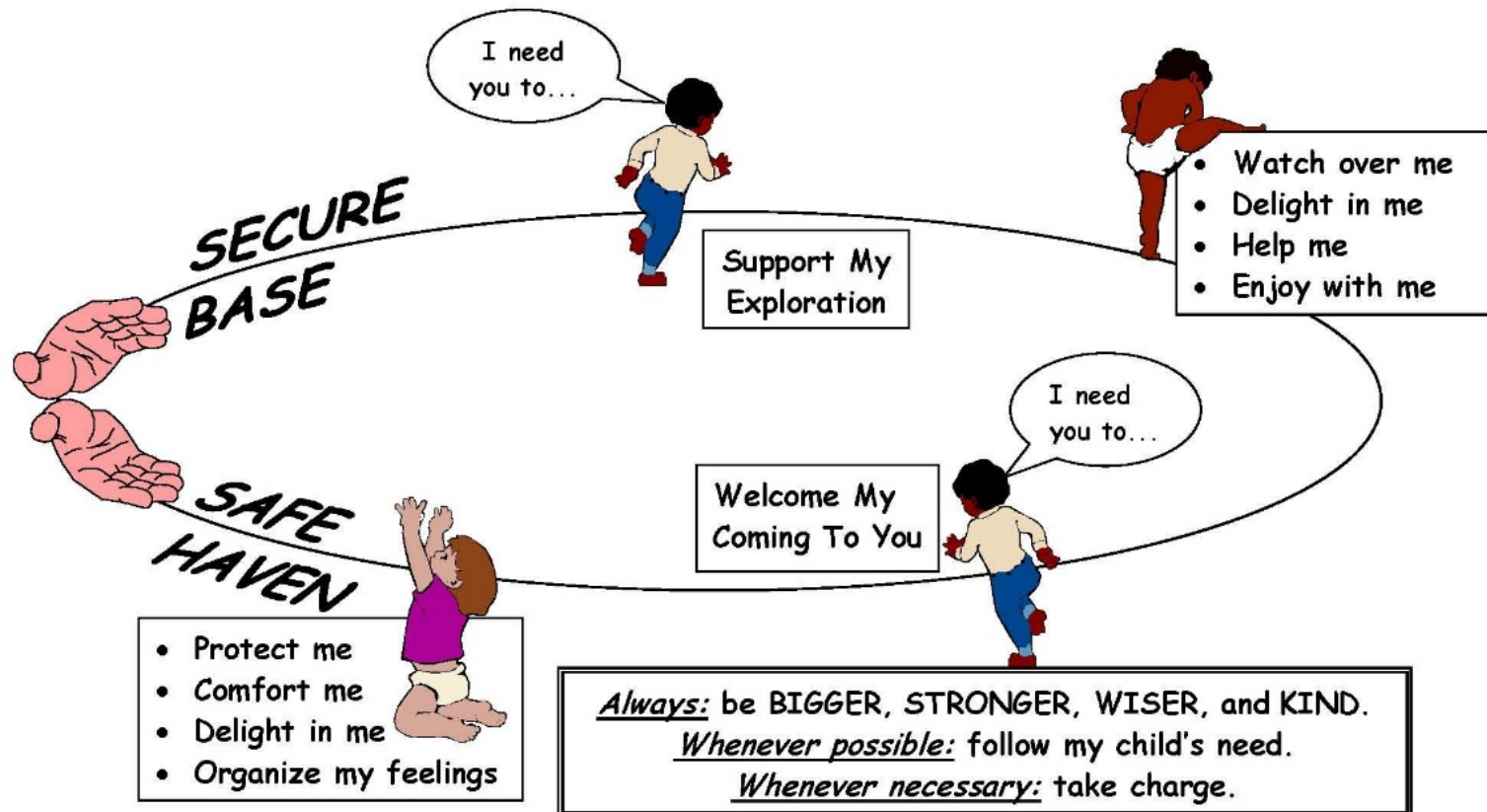
Why is attachment important?

- Secure attachment helps children to feel safe, regulate their emotions, and enhance resilience.
- Attachment motivates children to explore the world, learn new things and develop new skills.
- Attachment may affect children physically, psychologically, and emotionally.
- Unsecure attachment can be cause of behavioral difficulties and toileting accidents.
- It can led to infant crying, children’s depression and poor eye contact.



CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS



Stages of Attachment:

Birth – 6 weeks

Children are not attached to the caregivers but they recognize their fragrance, voice and face. Also, children have innate signals to attract the mother's (or caregiver's) attention by grasping, gazing, crying or smiling.

6 weeks – 6-8 months

Children smile more mother (or caregiver) than strangers. Children do not protest when they are separated from an adult on whom they rely.

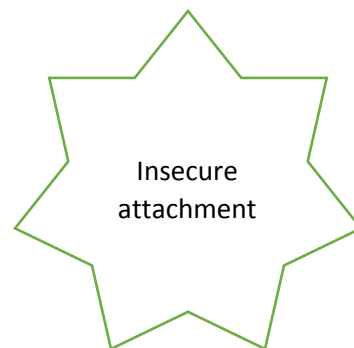
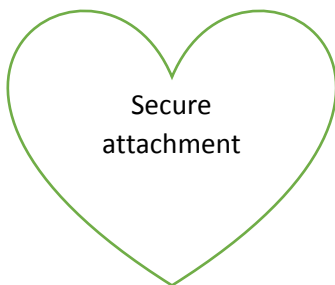
6-8 months to 18 months

Children get upset when an adults on whom they rely, leaves them.





18 months- 2 years and on

The separation protests are declined because children are able to predict parent's (caregiver's) return. Children try to be independent.

There are:



Attachment styles:

Attachment Styles:	Children experience	Future
<p>Secure</p> 	<p>Parents/caregivers respond to a child's needs in a warm, loving and dependable way.</p>	<p>In adulthood people are likely to develop close and loving relationship. They are able being along and independent.</p>
<p>Insecure/Avoidant</p> 	<p>Parents/caregivers do not provide safety, protection and comfort.</p>	<p>In adulthood, people experience extremely independent and self-directed behaviour. They are likely to hide their feelings, and not form close relationship with others.</p>
<p>Insecure/Resistant</p> 	<p>Children experience distress during separation from parent/caregiver. Children feel insecure and anxious.</p>	<p>In adulthood, people are often anxious and preoccupied.</p>
<p>Insecure/Disorganized</p> 	<p>Children grow up in abusive, neglected and isolated atmosphere.</p>	<p>In adulthood, people vacillate between an avoidant and ambivalent style.</p>

Secure attachment is being formed when:

- ✓ You play with your child.
- ✓ You are sensitive with your child.
- ✓ You provide consistent care.
- ✓ You bring joy.
- ✓ You give sense of safety and protection all time.
- ✓ You respond to a baby's needs in a warm way.
- ✓ You talk to your baby when you are feeding him.
- ✓ You follow your baby interest.
- ✓ You provide emotional support.
- ✓ You understand needs of your baby.

Secure attachment is being developed when a parent models:



“I know you will be there when I need you”.



“World is a safe place”



“Others are responsive”



“You are valued”

Is your child going to day care? Do not worry!

1. Explain to your child what will be happening
2. Explain that “mama and dad always come back”.
3. Read books about separations.
4. Books: Martin Waddell “Owl Babies”, Kathi Appelt “Oh my baby, little one”.
5. Make some pictures “Who loves Baby”
6. Create a goodbye ritual
7. Bring something familiar from home
8. Expect some tears.
9. Expect more night wake-ups during this time

Need Help in Toronto?

Kids Help Phone	Good2Talk	Mental Health Helpline
<ul style="list-style-type: none">• For children and youth between the ages of 5 and 20• Provides professional counselling and information and referrals for mental health, addictions and well-being• Open 24 hours a day, 7 days a week• Free, anonymous and confidential• Call: 1-800-668-6868	<ul style="list-style-type: none">• For people between the ages of 17-25• For post-secondary students in Ontario• Provides professional counselling and information and referrals for mental health, addictions and well-being• Free, anonymous and confidential• Call: 1-866-95-5454	<ul style="list-style-type: none">• All ages• Provides information about counselling services and supports in your community• Listens, offers support and provide strategies to help you meet your goals• Provides basic education about mental illness• Call: 1-866-531-2600

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Thank you!

