



Sharing Joy and Calming Chaos

How Secure Attachment Impacts the Physical, Social, and Emotional Development of Children 0-5

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Learning Objectives

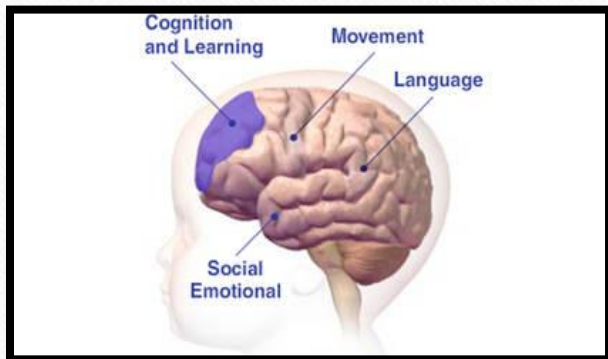
- **Increase understanding** of parent/caregiver-child attachment
- **Learn** about the different forms of attachment and how home life impacts children's learning
- **Gain tools** to increase secure attachment and create positive relationships with children





What is Attachment?

Why is it Important?



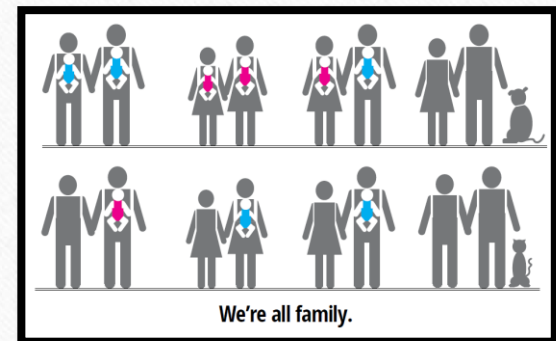
What Do We Know About Attachment?

What is attachment?

Who are we attached to and
who is attached to us?

How do we know?

Why is it important?



Attachment is

The emotional bond that forms between a child and their primary caregiver based on how the primary caregiver can

perceive, make sense of, and respond to a child's needs.



“

Perceive, make sense of, and
respond to a child's needs ”

In your own words, write what this means to you

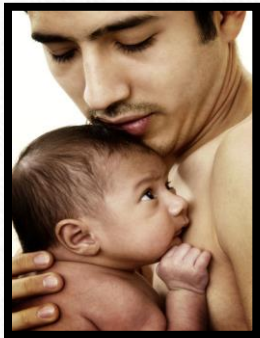
Babies are born into
this world **dependent**
on their caregivers for:

- Survival
- Security
- Safety
- Care
- Understanding and meeting their needs



“ Attachment...the importance of the caregiver-child relationship in: Shaping children’s **interactions** with other children, their **sense of security** about exploring the world, their **resilience to stress**, their ability to **balance their emotions**, their capacity to have a coherent **story that makes sense** of their lives, and their ability to create **meaningful relationships** with others. ”

Siegel and Hartzel, *Parenting from the Inside Out*



Attachment is the foundation of how children approach the world.





Secure Attachment

Closeness, Safety, and Security





Think About...



How do you respond to the children you work with...

- When they want to be close to you?
- When they are upset and need comforting?
- When they are trying to explore new things?
- How do you responses vary base on what is going on and how you are feeling? When are you more or less receptive?

Secure Attachment

- **Seeking proximity:** The child strives to stay near the caregiver
- **Feeling secure in an uncertain world:** Caregiver provides a secure base for child to explore the world.
- **Goes to parent/caregiver as a *Safe Haven*:** Returning to caregiver for comfort when feeling afraid
- **Separation Distress:** Child experiences a level of distress when separated from caregiver
- **Secure attachment is associated with positive outcomes in all areas of development**



The ABCs of Attachment

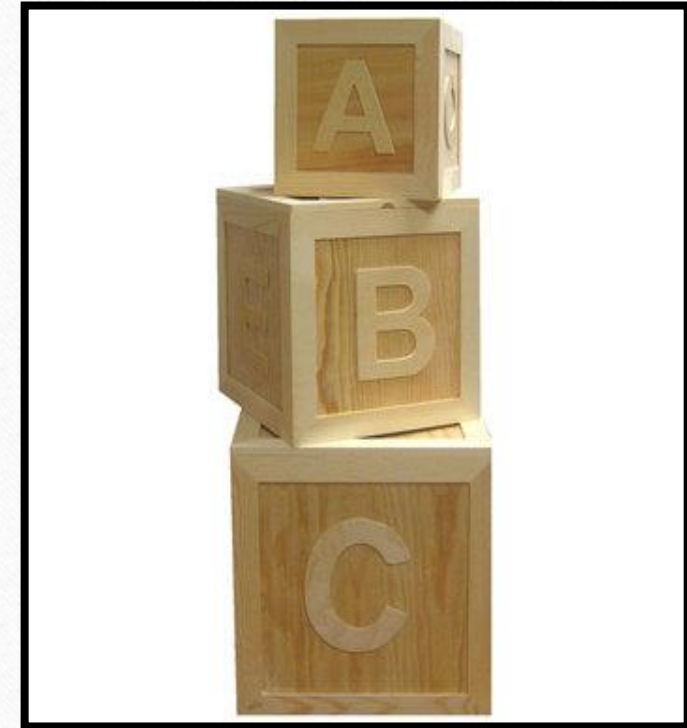
- A ttunement



- B alance



- C oherence





Think About...



A time that you were able to understand what a child wanted, needed, and was feeling, without them telling you, and how you provided them comfort

- How do you know?
- How can you tell when you and a child are emotionally in sync?
- How does it feel to be connected in that way?

Attunement

- Deep and genuine connection
- Aligned internal states
- Reading non-verbal cues
- Understanding wants and needs, and responding



Balance

- Body balance
- Emotional balance
- State of mind balance
- Internal regulation



What Differences Do You Notice?

Unbalanced

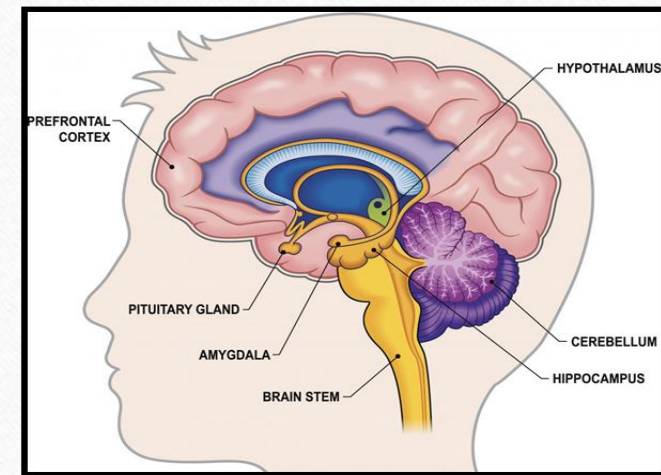


Balanced



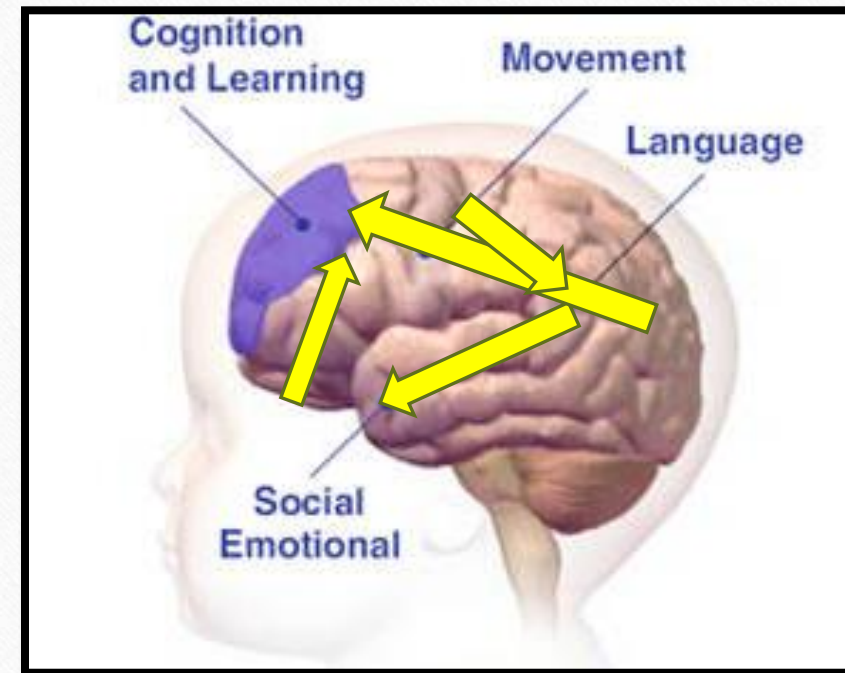
Coherence

- Internal integration
- Connected with others
- Safe
- Secure



Attachment and Integration

- IQ
- Language
- Attention
- Awareness
- Behaviors
- Development
- Regulation
- Relationships



Secure Attachment



- What do you notice?
- How do you think baby is feeling?
- How can you tell they are attuned, balanced and coherent?
- How do you think caregiver is feeling?

When Babies and Young Children Develop a Secure Attachment, in the Future they are Better Able to:

- Develop fulfilling intimate relationships
- Maintain emotional balance
- Feel confident and good about themselves
- Enjoy being with others
- Rebound from disappointment and loss
- Share their feelings and seek support





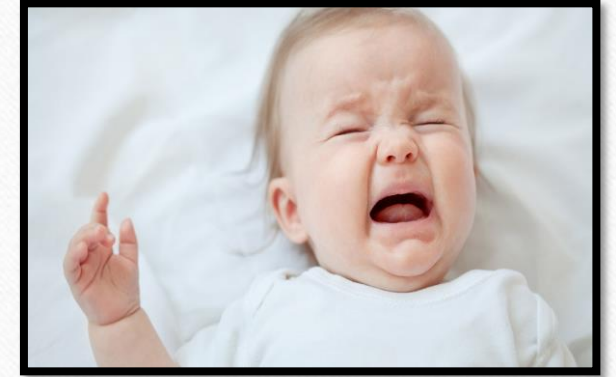
Think About...



... how you respond to your children or the children you work with...

- When they want to be close to you
- When they are upset and need comforting
- When they are trying to explore new things

**What are some ways
in which you could
respond differently?**



Insecure Attachment

Lack of Proximity, Lack of Safe Haven, and Lack of Secure Base



The Still Face Experiment



Cheat Sheet of Attachment Patterns

Attachment Pattern	Caregiver Characteristics	Child Characteristics	Sometimes Associated with Caregivers with:
Secure Attachment	Emotionally available, secure, close, perceptive, responsive	Upset when caregivers leave and happy when they return	
Insecure- Avoidant	Emotionally unavailable, non-responsive and/or unable to read cues	Does not seem upset when caregiver leaves or happy when they return	Depression, Past Trauma
Insecure- Anxious/ Ambivalent	Inconsistently emotionally available, inconsistently perceptive and responsive, intrusive	Clingy, upset when parent leaves and difficult to sooth upon return	Anxiety, Past Trauma
Insecure- Disorganized	Frightening, frightened, disorienting	Fearful of caregiver, challenges with self regulation, dissociative, avoidant, anxious and aggressive.	Past history of trauma and abuse, substance abuse, severe mental health challenges

Insecure Avoidant

Attachment Pattern	Caregiver Characteristics	Child Characteristics	Sometimes Associated with Caregivers with:
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Insecure- Avoidant	Emotionally unavailable, non-responsive and/or unable to read cues	Does not seem upset when caregiver leaves or happy when they return	Depression, Past Trauma
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Insecure- Disorganized	Frightening, frightened, disorienting	Fearful of caregiver, challenges with self regulation, dissociative, avoidant, anxious and aggressive.	Past history of trauma and abuse, substance abuse, severe mental health challenges



- Can you recall any children you have worked with that may have had insecure-avoidant attachment?
- How do you imagine a child with insecure-avoidant attachment may act in the classroom setting?
- What do you think you can do to help create safety for this child? For the parent?

this encounter:

After another 10 minutes of crying, Dad realized she might be hungry and gives her a bottle.

Insecure Anxious / Ambivalent

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- Can you recall any parents/caregivers you have worked with that seemed to interact with their child in this way?
- How might a child with insecure-anxious attachment behave in the classroom setting?
- What do you think you can do to help create more secure attachment with this child? For the parent?

her body tenses as she tries to sooth baby.

Insecure Disorganized

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Insecure-Disorganized Attachment



1. How might this child behave in the classroom?
2. What might he be feeling in relation to the teachers?
3. What could you do to help this child to feel safe?

Rigo is 2 years old. His father was loving and attentive to Rigo's needs, except when he would come home drunk and high on drugs. Some nights his father would come home and bath Rigo, give him a bottle, and read him bedtimes stories. Other nights, he would come home and yell, throw things, and physically abuse Rigo's mother. Rigo was never sure if his dad would offer him love and care or would yell. Rigo was removed from his home and placed in foster care 1 month before he enters your classroom.

Early Identification of Attachment Challenges

- Avoiding eye contact
- Does not smile
- Does not reach to be picked up
- Reject efforts to soothe
- Does not seem to care when caregiver leaves
- Cries inconsolably
- Does not coo or make sounds
- Does not follow you with their eyes
- Shows little interest in toys
- Does not engage in playful exchanges
- Is over trusting or affectionate with unfamiliar adults.



Challenges That Impact Attachment



In Babies/Young Children:

- Compromised nervous system
- Challenges in the utero or during delivery
- Health problems
- Premature babies who spent time in intensive care
- Separate from primary caretaker at birth
- Who have had multiple caretakers

In Parents

- With depression, anxiety, or other emotional challenges
- Drug or alcohol abuse
- High levels of stress
- Abused or neglected at childhood
- Living in unsafe environment



Think About...



...your attachment with the children you work with:

- How do you think your upbringing helps or hinders your ability to connect with children?
- What do you feel your strengths are? What areas do you want to grow in?
- What are things children do or interactions you have that trigger you?



Building Secure Attachments

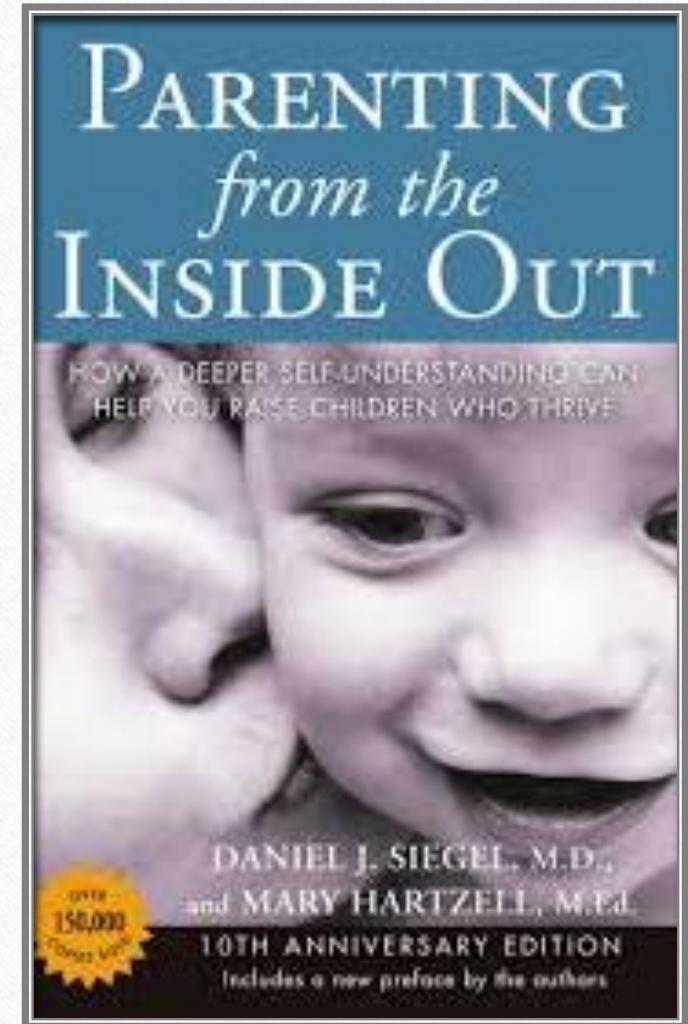
Rupture and Repair...

it is never too late



It starts with you: SELF CARE

- Get enough sleep
- Know your triggers
- Know how to calm yourself
- Know your physiological responses
- Make time for yourself
- Explore your past relationships
- Ask for support





Think About...



...self care...

- What are some things you do to take care of yourself?
- What are some barriers that get in the way of your self care?
- How do you know when your resilience or tolerance is low?

Learn Baby's Cues

- Facial expressions and body movements
- Types of touch
- Different types of sounds and cries
- Types of movement



Make Time for Fun and Enjoyment

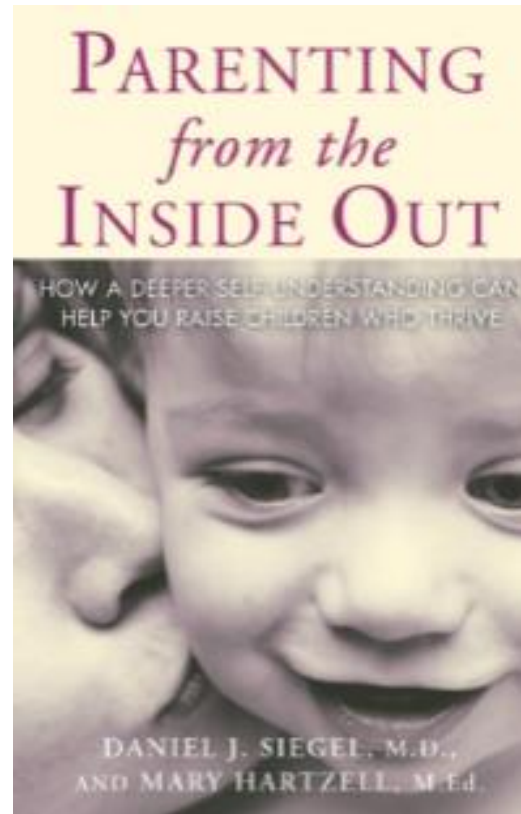
- Shared smiles
- Your facial expressions
- Laughter
- Your body language
- Funny Faces
- Your tone of voice



Rupture and Repair

- No parent, teacher, or caregiver is perfect
- No parent, teacher, or caregiver will be attuned all the time
- Ruptures with repair build future resilience





Keep Learning

- *Parenting from the Inside Out*
 - By Daniel J. Siegel, M.D., and Mary Hartzell, M.Ed
- **The Bowen Center**
 - <https://thebowncenter.org>

REMEMBER
:
RESILIENCE
BEGINS
WITH YOU!

Thank you!!!

Contact

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