

SECURE ATTACHMENT BASICS

Your child needs to feel safe, seen, soothed, valued and supported!

SAFE

Keep them physically safe and make them feel safe if they become scared or uncomfortable.

Protect them from harm or fear and don't be the source of it.

Provide connection in abundance.

Don't be a source of alarm. Try to be regulated. Remember to repair.

Simply being there. Sometimes all they need is your presence. They know you're there if they need you. And also keeps the need for proximity of attachment when they're young.

Know when to let go. They need us to be the safe haven and the launching pad.

SEEN

Attune to their mental state, understand them and respond to them.

Approach them with curiosity; always being open to wondering what is behind and beneath the behavior.

Accept all emotions and make space for the messiness of life, honor their unique experience.

Attune to their cues accurately. Respond compassionately to show them they matter, their needs matter and that they are seen.

SOOTHED

Support and be present with them when they are distressed.

Comfort them. Hugs, cuddles, back rubs. Most importantly, being present.

When they get hurt, scoop them up, clean their scrapes, take care of them.

When they experience big emotions, be with them, as they move through their emotions, and share your ability to emotionally regulate with them.

When they're scared, overwhelmed, worried, or melting down, you show up as I'm right here with you.

VALUED

Delight in them, express your joy towards them and enjoy life with them.

Smile. Laugh along with them. Delight in their presence. This shows them they're valued by the people they love most.

Express joy for who they are. Acknowledge their effort, intention and spirit rather than outcome or achievement.

Show genuine interest in their thoughts, feelings, and experiences. Enjoy life with them. Include them in your world and invite them to be a part of it.

SUPPORTED

Encourage them to explore their world joyfully and safely, with curiosity and delight. You want to be their cheerleaders, so they feel a deep trust in their ability, while providing a safe haven when needed.

The dance between holding on and letting go. Allow the unfolding of themselves.

Allow them to experience having a close relationship without losing themselves.

Support and trust deeply in their ability. When they feel encouraged to explore their world you naturally encourage secure attachment.

Watch and listen to them as they explore the world around them.

Develop awareness of your own feelings and practice not assuming these are also your child's.

Allow them choice and autonomy where appropriate.

Invite them to follow their interests and curiosity rather than imposing your ideas upon them.

Offering them unconditional emotional support is not going to make them soft. They will explore more courageously, and venture farther out, than if they don't receive this kind of attention and care. This is the power of attachment.