

Attachment



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Our Starting Point



‘ Children are not slates from which the past can be rubbed by a duster or sponge, but human beings who carry their previous experiences with them and whose behaviour in the present is profoundly affected by what has gone before.’

Bowlby 1951, page 114

Cycle of Bonding and Attachment

**First Year of Life
Healthy Attachment**

NEED

(Hungry, Lonely, Wet etc)

TRUST

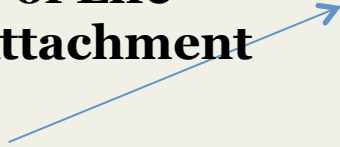
(World is safe, I'm OK,
Adults are OK)

RAGE

(Anger, Hopeless,
Helpless)

RELIEF

(Food, Eye Contact, Smiles etc)



Cycle of Bonding and Attachment

First Year of Life
Unhealthy Attachment

NEED

(Hungry, Lonely, Wet etc)

LACK OF TRUST

(World is not safe, I'm not OK, Adults are not OK)

RAGE

(Anger, Hopeless, Helpless)

LACK OF RELIEF

(Abused, Neglected, Abandoned, Pain)



Secure Attachment



When a child is upset or distressed they trust that they can approach an adult directly and positively, knowing that their distress will be recognised and responded to unconditionally with comfort, understanding & affection.



Behaviour is communication

Fear and Panic



Unmet
Needs



High
levels of
Anxiety

Dysregulation



Trust
issues

Developmental needs



Toxic
Shame

(Tendency towards
perfectionism)

What may help?

Relate to a child based on their *emotional age*

Fear and Panic

**High
levels of
Anxiety**

Theraputty
Mindfulness/Yoga
Exercise
Distancing
techniques
Thought reframing
Music
Jigsaw puzzles

**Unmet
Needs**

Developmental needs

Real experiences
to reinforce social
stories

Parts language
Modelling that
mistakes are okay

Dysregulation

Having fun/Being
silly!

**Trust
issues**

**Toxic
Shame**

Explore issues
with an
'understanding
mindset'

Checking in
'Twinkle
Twinkle'

Bubbles

The Weather
Report

Silent Ball

Language –
use 'may' as
opposed to
'will'

Transitional
objects

Preparing
food together

Key Supports

**Language/
Tone**

**Time
In**

Seating
(close to
teacher)

Play

Waiting

**Routine
/Consistency/
Boundaries**

**Multisensory
approach**

**Visual
Timetable**

Inclusivity

Modelling

One 'good' adult



‘ For a long while in education we have been neglecting the very tool that will support behaviour and learning: relationships’

Louise Bomber



Emotional, Mental and Psychological well being

To support children, one needs to look after oneself

Self care is ***NOT*** selfish care.

Self care is a gift to you And
everyone that matters in your life.

Source: Dr. Mark Rowe