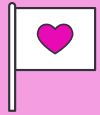


A quick guide to supporting a child with a

SECURE ATTACHMENT PATTERN



Child's Internal Working Model*

"I'm okay/You're okay"

Main Aim



To connect; to explore



Caregiver Relationship

Caregiver able to meet child's need for comfort quickly and consistently. Also supports the child in play and exploring the world.

Child's Presentation

Appears confident; relishes the opportunities of life and has a go; seeks help when needed; enjoys social relationships; felt sense of safety

Supporting a child with a secure attachment in your work

A securely attached child believes that important adults in their lives (secondary attachment figures) are capable and willing to meet their needs. Develop a positive relationship through predictability, and playfulness, acceptance, curiosity & empathy (Daniel Hughes PACE model). Support emotional literacy and regulation skills through co-regulation



* A child's internal working model is a complex interplay of mental representations of self, others and the world and therefore this description is overly simplistic, aiming only to provide practitioners with a sense of the child's overall attempt to maintain a cohesive narrative. For further reading, see seminal works of Bowlby, Ainsworth, Main, and contemporary research, theories and models of Crittenden, Schore, Hughes & Golding, amongst others. Developments in neuroscience research (ie. Perry, Siegel) and polyvagal theory (Porges) can further inform our understanding of children.