



Handout 7

Attachment and managing emotions

Emotional regulation by the parent or caregiver is a key component of attachment. It leads to higher brain function involved in stress regulation.

Brain research shows the link with development of the part of the brain that is used for thinking (pre-frontal cortex):

- concentration
- problem solving
- empathy
- emotional and social intelligence
- impulse control
- ability to reflect
- stability under stress.