

Social and Emotional Development: Attachment

Teaching Tips:

- Many educators find it helpful to teach attachment after having introduced the importance of social-emotional development.
- Parents may or may not be familiar with the term "attachment" so consider starting with a definition or explanation of the concept such as the one provided by Bowlby: "Attachment is lasting psychological connectedness between human beings."
- Parents may not realize that all children experience some level of attachment to their parents and/or caregivers; the key is to optimize the type of attachment that is formed, with secure attachment as the goal.
- Use the key messages below as a focus for teaching this topic as well as a summary of the content.

Learning Objectives for Parents and Caregivers

After learning about attachment, parents and caregivers will be able to:

- 1) Understand how secure attachment supports the relationship between parent and child
- 2) Communicate the importance of attachment to a child's future social and emotional development
- 3) Identify two ways of creating secure attachment in young children

Key Messages for Parents and Caregivers

- 1) Raising secure, emotionally competent, cooperative children is greatly influenced by what occurs during the first years of life.
- 2) There are four types of attachment that have been identified by research.
- 3) These types of attachment describe a child's ability to form relationships.
- 4) Every time a parent responds to a child's cue, the child builds security.
- 5) Children learn through repeated experiences in ordinary moments.

