

## Suggested Presentation Timeline: Attachment



This lesson outline is designed to be a teaching tool for early learning professionals who teach this information in a wide variety of settings. Therefore, please use the outline below as a guide and modify it as necessary to meet the needs of your audience and schedule.

### Minutes 0 - 10      Welcome and Introductions

- Begin your presentation or workshop by creating a comfortable environment.
- Introduce yourself to your group / audience and orient them to the environment (restrooms, important announcements).

### Minutes 10 - 40      Presentation of Topic

Provide your group with an overview of the topic you will be presenting. This brings all the participants together quickly as well as to engage the group in the learning. Here are some options for how to do this:

1. Tell a story that engages the audience.

*It's a sunny day the park with your toddler. He ventures off to the climbing toy and within minutes he's running back to your arms crying. You take a moment to find out what happened. Apparently a "big kid" scared him with a dinosaur toy. You talk about it and before you know it, he wiggles off your lap and makes a beeline back to the play area. This time, when the big kids comes closer, he looks back to see if you are watching and keeps playing. So, what just happened here?*

2. Provide a definition of the topic / terms that are being discussed.

*"Attachment is lasting psychological connectedness between human beings." (Bowlby, 1969, p.194) Early attachment styles are established in infancy through the infant/caregiver relationship, and influence development and behavior throughout the life span.*


3. Some educators find it helpful to begin with a general question. For example:
  - When you think of the word attachment, what ideas come to mind?
  - How do you know if a child had healthy attachment?



4. Provide an overview that introduces your audience to the research-based information about the topic.

*Attachment is the emotional bond that develops between an infant and their parent or caregiver. It is on one of the most important aspects of human social and emotional development and has been found to be a major predictor of many life outcomes such as success in school and work, and being able to form and sustain relationships with others. (Ainsworth, Blehar, Waters, &*

*Wall, 1978; Kassow & Dunst, 2004, 2005). Attachment develops through a pattern of interaction between the infant and the parent, particularly in the context of the infant making bids for attention to the parent and the parent responding to the child's needs for care, comfort, and security.*

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- Review the goals of what you intend to teach, describe what tools/resources they can expect to gain by attending the event, and present the Parenting Counts Program Curriculum.

#### **Minutes 40 - 50      Applied Learning Activity**

- Most audiences are ready for a change in activity after 20-30 minutes of lecture. Consider the composition of your group and decide what type of activity best meets their needs.
- Some educators choose to have participants work in pairs to maximize comfort with the topic, others opt for a group discussion to allow a variety of opinions to be heard and validated.
- Parenting Counts offers multiple video options that can be used during this time to encourage discussion or to continue the learning experience.

#### **Minutes 50 - 60      Closure and Evaluation**

- Closure: Be sure to recap the key messages of the presentation as well as provide tools that incorporate the learning into parenting practices.
- Evaluation: Please distribute an evaluation form as part of your presentation. It is important to give participants an opportunity to comment on the presentation as well as to provide you with an assessment of their learning.

