



Believe in
children
Barnardo's
Cymru

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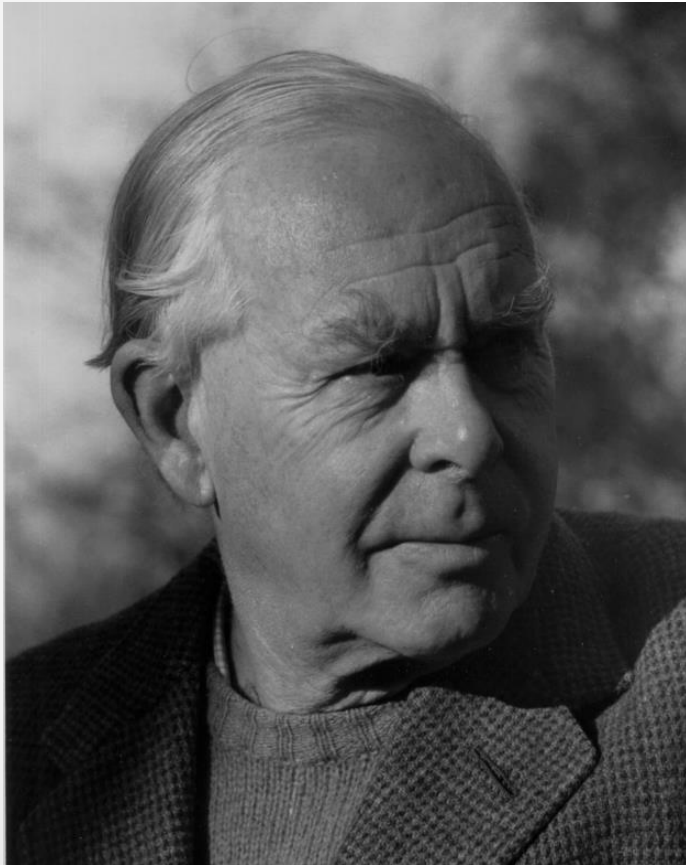
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How Early Attachment underlies Behaviour and Learning

18 January 2017 - The Fostering
Network

Early childhood experience and the interaction between carer and child lay down the cognitive and emotional foundations that will influence development, health, learning and relationships throughout life.

Attachment Theory



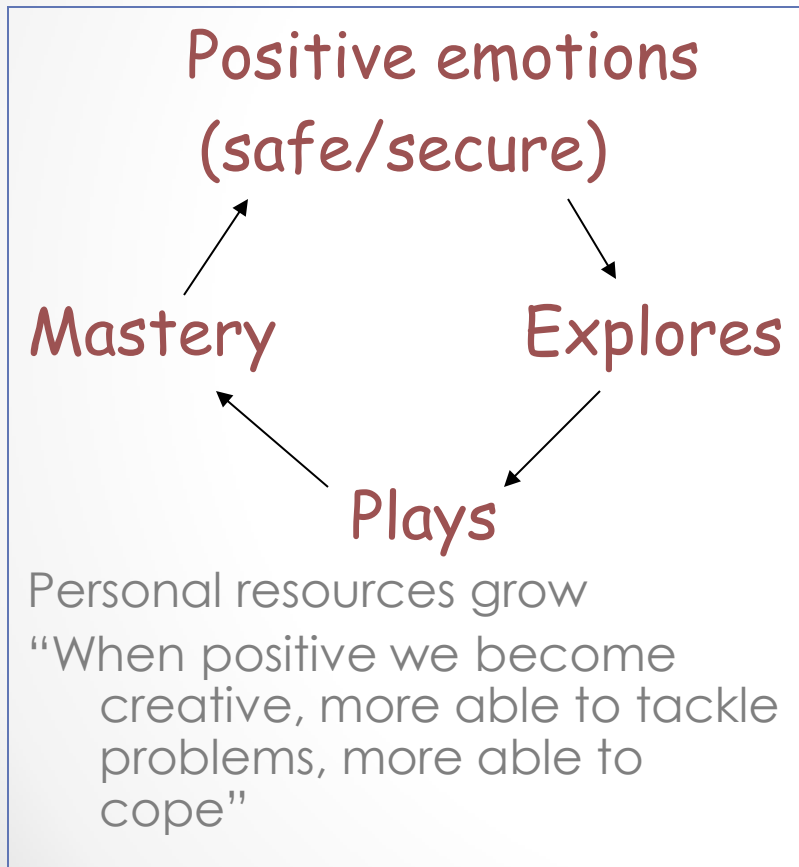
John Bowlby
(1907-90)

From studies of
institutional care and
2WW Evacuations to
one of the most
influential theories in
Psychology &
Childcare

The Attachment and Exploratory Systems

The Exploratory System

The 'upward spiral' of building positive emotions



The Attachment and Exploratory Systems



The Attachment and Exploratory Systems



- The Attachment System – activated in response to a possible danger
- The child seeks out ‘The Secure Base’ - safety
- Caregiver names and reassures – transforming negative emotions
- Child internalises caregivers actions.

Pairs Reflection

- Thoughts/Questions
- What might be the long-term impact of poor attachment responsiveness?



Outcomes

- Language
- Emotional understanding and regulation
- Ability to concentrate and attend (Executive Functioning)
- Relational Style (ability to be close/vulnerable) – ‘The Attachment Pattern’
- The ability to Reflect (critical for learning)
- Ability to respond effectively to ‘danger’
- The Inner Working Model
- Narrative Competence

Responsiveness

Helping children with Attachment Issues

- Building relationships can be helped by taking a 'stance' of *PACE* (Dan Hughes) in interacting with children
- **Playfulness** (lightness)
- **Acceptance** – especially of emotions
- **Curiosity** – to child's thinking
- **Empathy** – Attunement to the child's response

Connectedness

Helping children with Attachment Issues

- **Intersubjectivity** – means – ‘we learn to see ourselves through the eyes of others’ – A fundamental building block of relationships
- Affect Attunement
- Shared attention – on an activity
- Shared intention – to do something together
- This is critical when building relationship even with adolescents

Final Thoughts?

- Pairs Reflection

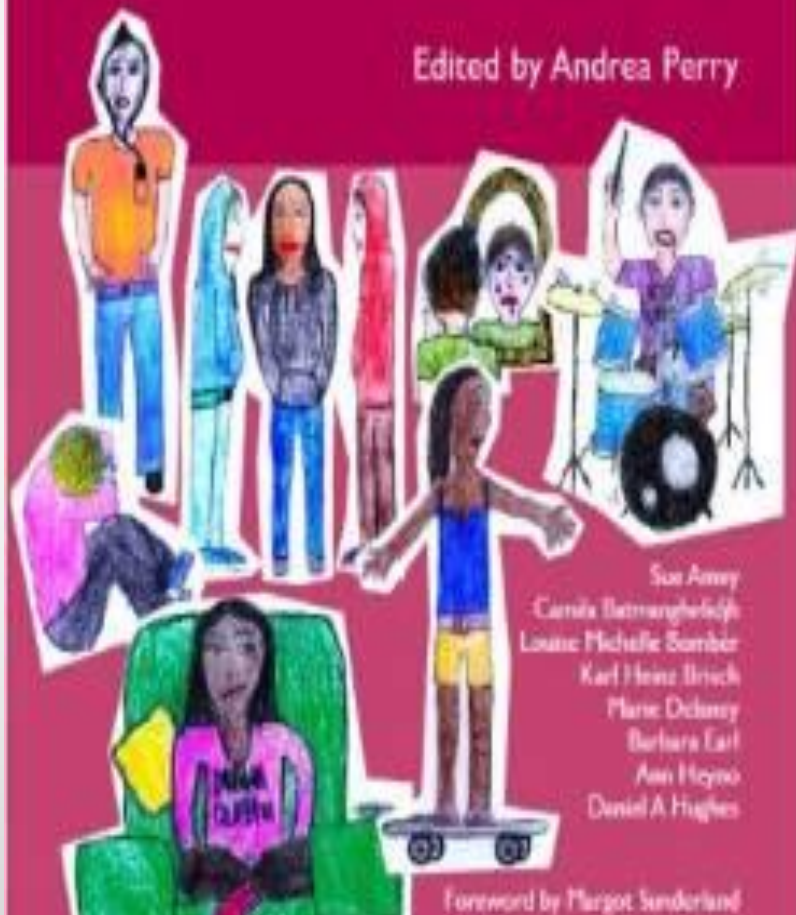
- **Thanks for listening**



Teenagers and Attachment

HELPING ADOLESCENTS
ENGAGE WITH LIFE AND LEARNING

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EFFECTIVE
STRATEGIES
TO CARE
FOR CHILDREN

ATTACHMENT- FOCUSED PARENTING

DANIEL A. HUGHES