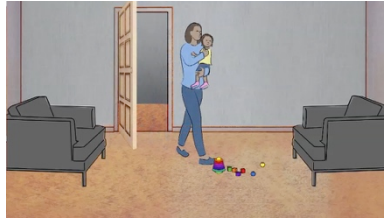


Attachment in Practice

Attachment security is a continuum.

Less Secure



More Secure



The Take-Home

Children benefit from caregivers who are consistently responsive and sensitive to their needs over time. During infant-caregiver interactions, children are learning about how an adult responds to them. They use this information to form expectations about how an adult will act in the future.

Want to
Learn
More?



Science Says

- Attachment is a dyadic relationship, meaning that it involves both the adult and the child.
- Attachment is described as a continuum. Children's attachment to an adult can be more or less secure. Their behavior depends on the caregiving they receive.
- A child is more likely to form a secure attachment when her caregiver provides consistent and sensitive care.



Try it at Home

- Be responsive to children's needs. No one can respond all the time, but be as responsive as possible. Consistency is the key!
- Aim to have back-and-forth interactions with children. Leave room for your baby to respond to you. Respond back to them. Creating synchrony in interactions strengthens your bond and helps children learn. For example, you might sing a song together or play with stuffed animals together.