

Attachment in Practice

Children thrive when they have consistent, responsive, and sensitive caregivers.



LEAN ON ME

Attachment relationships are a two-way street. Successful relationships rely on both the behavior of the caregiver and the behavior of the child to be fulfilling.



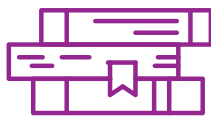
TRY THIS!

Respond predictably to your child's cues. For example, your child may cry to indicate that they are upset. In return, comfort them. Comforting behavior shows your child that they are loved and can depend on you for support.



JUST AS EXPECTED

Children's attachments to their primary caregivers differ, and can be more secure or less secure. Their attachment behaviors are dependent on the caregiving they receive.



TRY THIS!

Caregiving is challenging, and no one can be responsive all the time. Instead, be consistent. Set expectations and see them through. When you say, "I'll see you at lunch!" or "We'll read two books tonight," keep your commitment.



SHARING IS CARING

Children are more likely to form secure attachments when they have consistent and sensitive care. Children and caregivers who are in sync are often securely attached.



TRY THIS!

Back-and-forth interactions play an essential role in sensitive care. Share experiences that you and your child can do together, mirroring each other's cues and emotions. Sing a song, bake a treat, or engage in imaginative play!

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