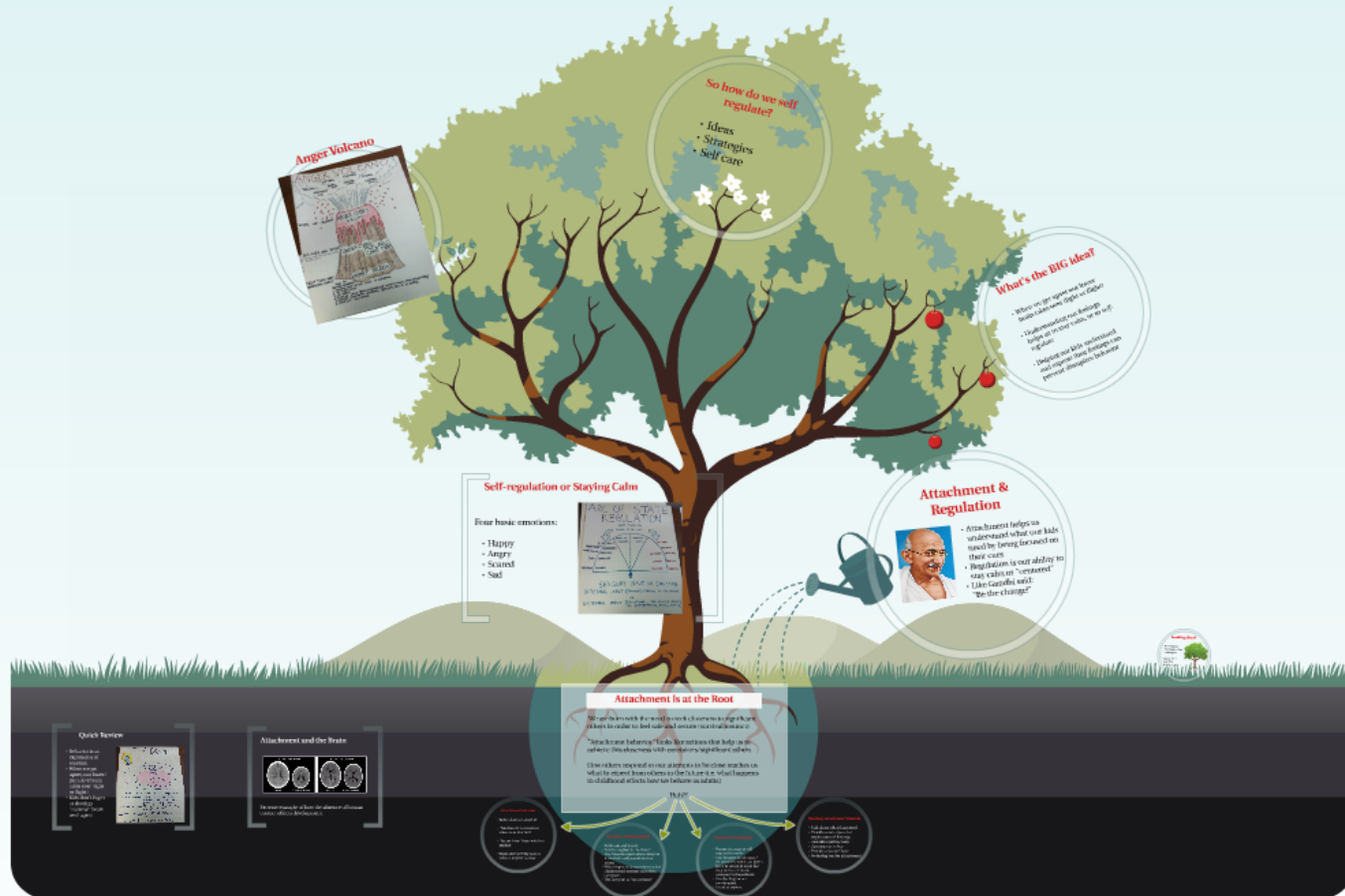
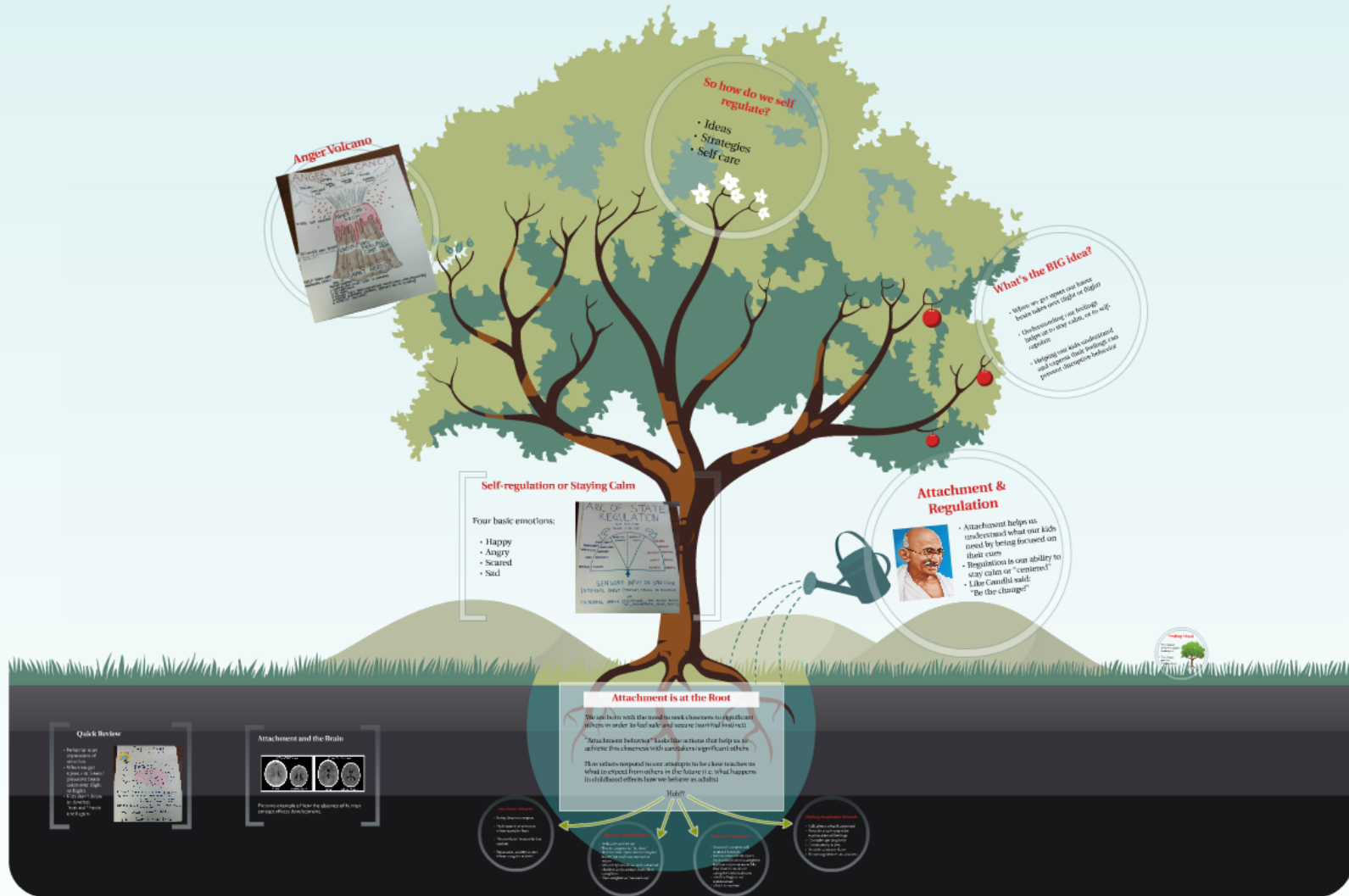


ATTACHMENT & REGULATION

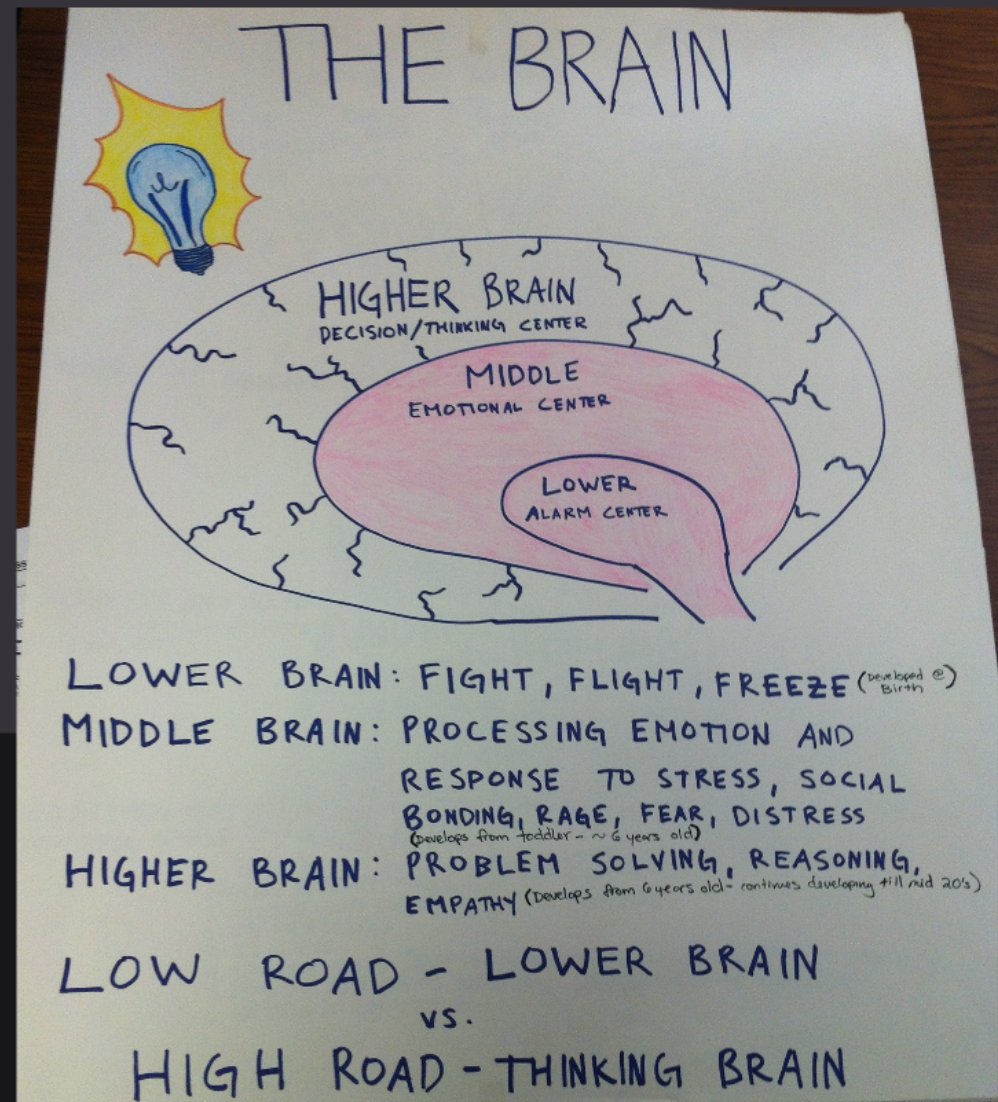


ATTACHMENT & REGULATION

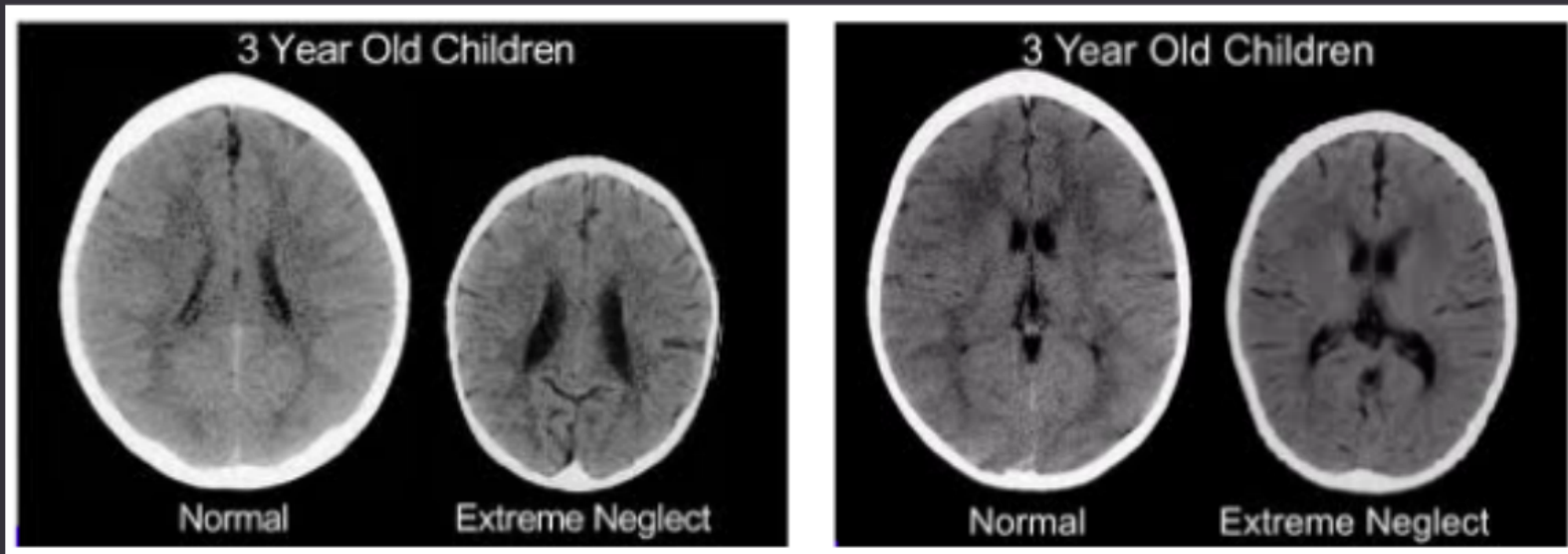


Quick Review

- Behavior is an expression of emotion
- When we get upset, our lower/ primitive brain takes over (fight or flight)
- Kids don't *begin* to develop "rational" brain until age 6



Attachment and the Brain



Extreme example of how the absence of human contact effects development.

Attachment is at the Root

We are born with the need to seek closeness to significant others in order to feel safe and secure (survival instinct)

"Attachment behavior" looks like actions that help us to achieve this closeness with caretakers/significant others

How others respond to our attempts to be close teaches us what to expect from others in the future (i.e. what happens in childhood effects how we behave as adults)

Huh??



Attachment Behavior

- Being close to caregiver
- "Safe haven" to return to when scared or hurt
- "Secure base" from which to explore
- Separation anxiety occurs when caregiver is away

Secure Attachment



- Feels safe and secure
- Trusts caregiver to "be there"
- May become upset when caregiver leaves but easily comforted on return
- When frightened, securely attached children seek comfort from their caregivers
- Use caregiver as "secure base"



Insecure Attachment

- Unsure if caregiver will respond to needs
- May become overly upset/ inconsolable when caregivers leave or return or seem like they don't care about caregiver's whereabouts
- Overly clingy or act uninterested
- Afraid to explore



Healing Attachment Wounds

- Talk about what happened
- Provide a safe space for exploration of feelings
- Consider getting help
- Consistency is key
- Provide a secure base
- Fostering secure attachment

Attachment & Regulation

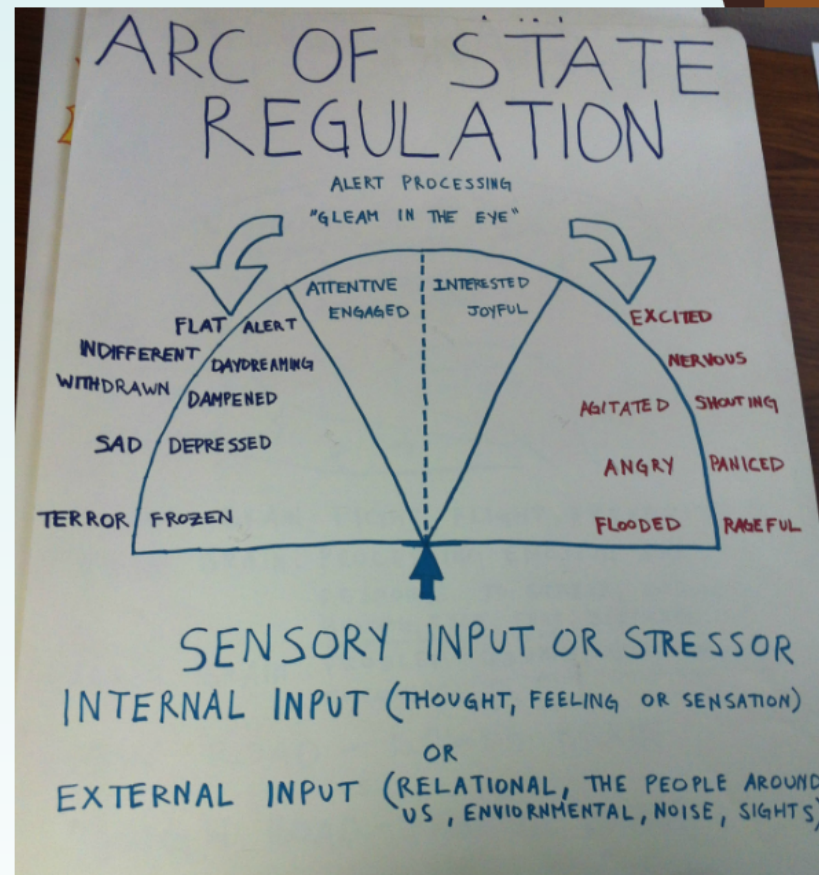


- Attachment helps us understand what our kids need by being focused on their cues
- Regulation is our ability to stay calm or "centered"
- Like Gandhi said: "Be the change!"

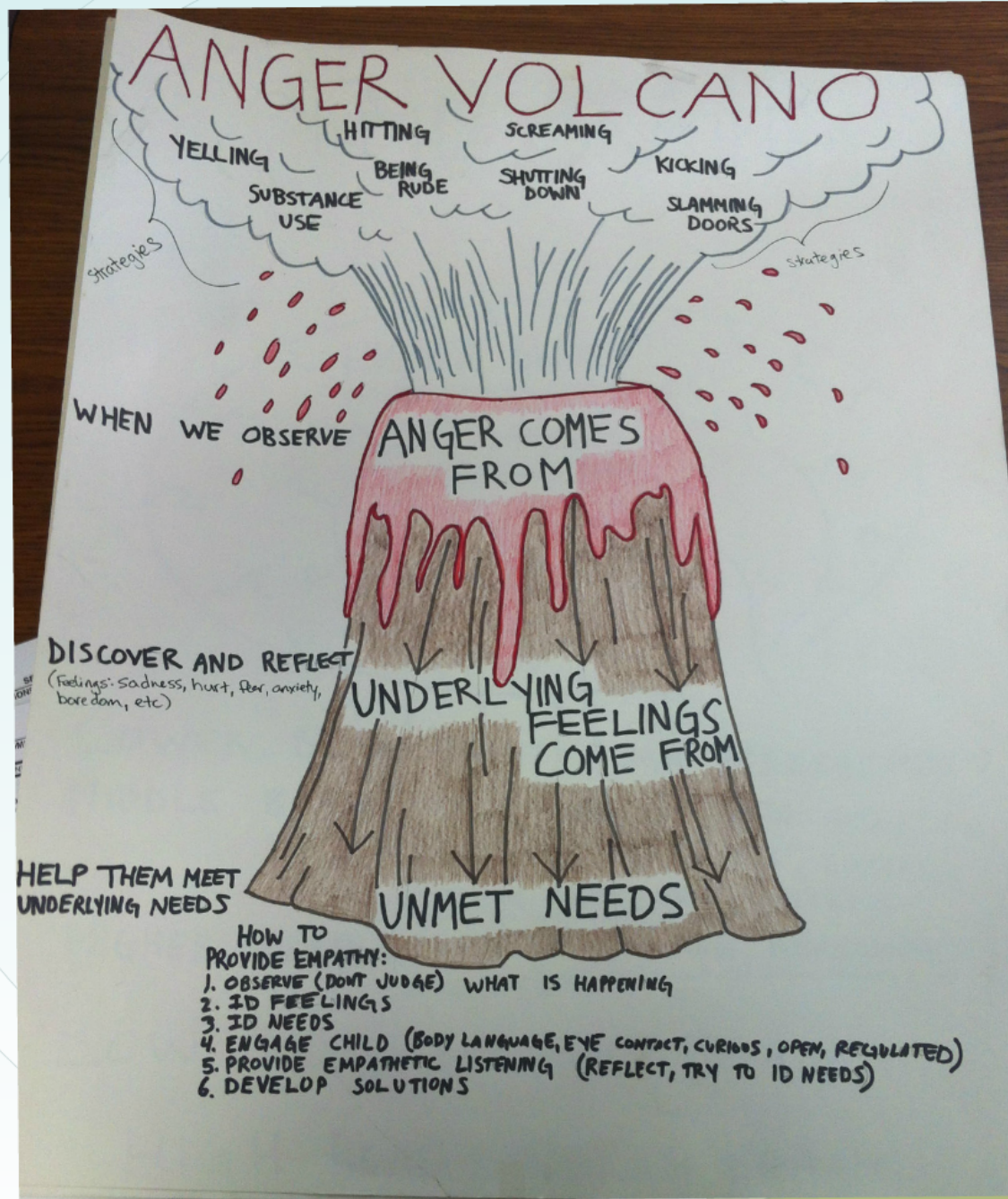
Self-regulation or Staying Calm

Four basic emotions:

- Happy
- Angry
- Scared
- Sad



Anger Volcano



So how do we self regulate?

- Ideas
- Strategies
- Self care



What's the BIG idea?

- When we get upset our lower brain takes over (fight or flight)
- Understanding our feelings helps us to stay calm, or to *self-regulate*
- Helping our kids understand and express their feelings can prevent disruptive behavior

Looking Ahead

- Attachment communication techniques
- Consistent, positive reinforcement



ATTACHMENT & REGULATION

