

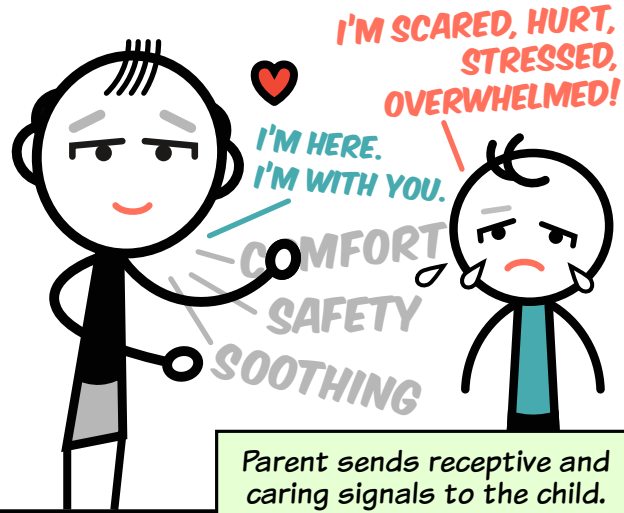
FOSTERING SECURE ATTACHMENT

CHILD IN DISTRESS.
Sends out signals through their behavior.



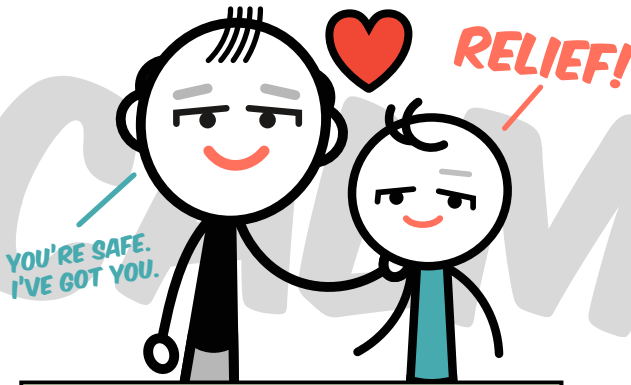
Sometimes the behavior may seem aggressive or "out of control." **REFRAME "MISBEHAVIOR" AS "STRESS BEHAVIOR."**

Child needs comfort and safety—a calm nervous system to connect to.



Parent sends receptive and caring signals to the child.

Child connects to parent's calm nervous system and begins to register safety.



When parent and child's signals connect, **CO-REGULATION OCCURS.**

If parent is stressed, irritable, angry, distracted, or overwhelmed, there's no safe place for the child's signals to land.



CHILD SOAKS IN PARENT'S DISAPPROVAL.

In this moment, the person that the child is hard-wired to seek out for comfort (their attachment figure) is also a source of **FEAR AND STRESS.**



This creates an untenable situation: **FEAR WITH NO SOLUTION.**

THE CHILD LEARNS:

- * NO ONE CARES ABOUT ME.
- * I CAN'T COUNT ON ANYONE.
- * MY NEEDS WON'T BE MET.

THIS MAY CAUSE:

Aggression; depression; inability to regulate emotions, impulses, and behavior; feelings of shame, helplessness, powerlessness, rejection, fear, anger, and hurt; a fragmented sense of self.