

# ATTACHMENT AND TRUST



## What is it?

**Attachment:** A behavior that allows a child to draw others towards them during times of need

## Why is it important?

- Children who have developed a **secure attachment relationship** have a clear feeling of being safe and protected
- Allows them to explore new things with confidence
- Leads to healthy development of a child's brain, self confidence, and social skills/relationships
- It is difficult for a child to have secure attachment when they feel frightened, stressed, unwell or under threat
- Staff can aid in the attachment process since children spend most of the day at Emmanuel
- Research shows attachment relationships with caregivers can be altered by childhood experiences - children can still form attachment-like relationships with other adults such as teachers

## How to form secure attachment

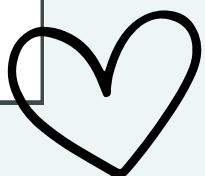
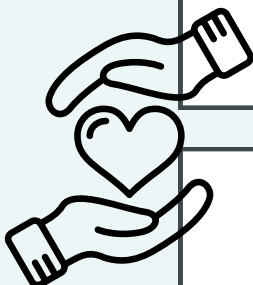
- Respond to child's needs in a loving way
- Make them feel safe, seen, soothed, and secure
- When children feel loved at home/school, they are better prepared for challenges in the bigger world
- Notice what they do (cries, gestures, eye contact)
- Play together (kids feel valued)
- Hold kids close (hugs)
- Have conversations

## How this relates to social emotional learning?

- Creates loving and secure relationships
- Builds resilience and the ability to cope from challenges

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## References

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UNICEF. (n.d.). *What you need to know about parent-child attachment*. UNICEF.  
<https://www.unicef.org/parenting/child-care/what-you-need-know-about-parent-child-attachment>