



Mental Health Bulletin March 2024

Attachment

Attachment is the deep connection made between a child and their main caregiver in the early years of life.

This connection helps children feel safe, capable and loved, it gives them confidence to explore new things and manage different situations. A strong connection is vital to help a child develop socially, emotionally and intellectually.

Sometimes, strong attachments do not form or can get disrupted due to different reasons. This could be because the main caregiver was unwell and was less able to care for their child.

Emotional and behavioural difficulties can develop when a child feels less safe and secure and this can cause what is known as insecure attachment or attachment disorder.

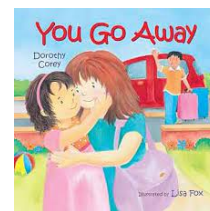
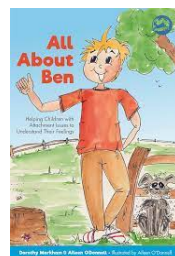
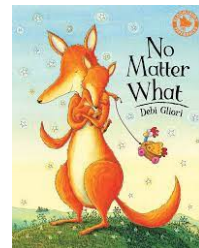
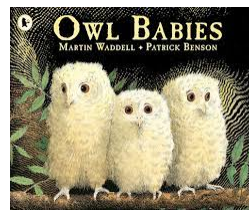
You might notice some of the following difficulties with a child with insecure attachment;

- *Difficulty controlling and expressing your emotions, such as anger.*
- *No smiling or response when interacting with adults.*
- *Using extreme measures to gain attention.*
- *Finding it hard to trust people and to build positive relationships.*
- *Disliking change and feeling the need to be in control of situations.*
- *Struggling to show affection and disliking being touched.*
- *Difficulties at school, including poor concentration, relationships with friends and teachers and disruptive behaviour.*
- *Low self-esteem and feeling unloved.*

Looking after a child or young person with attachment difficulties is a challenging experience. The most important approach is to make a child or young person feel safe, secure and loved. You can help a child or young person feel safe and secure by:

- *setting consistent limits and boundaries, clearly explaining why they are in place.*
- *remaining patient, calm and non-judgemental.*
- *being physically and emotionally available.*
- *being curious and sensitive to their thoughts and feelings.*
- *repairing relationships following any difficult times.*
- *creating opportunities for success to increase self-esteem.*
- *providing praise for effort and achievement.*
- *allowing opportunities for one-to-one attention and play activities.*

Here are some useful books to read;



If you are worried about your child's mental health then please come into school and speak to Miss Newman (Federation SENDCO) or Mrs Allen (Mental Health Lead) who will be able to support you and signpost you to the appropriate support.