Attachment- “a lasting psychological connectedness between human beings”

 John Bowlby

**Here’s a quick peak at some important things to know about Human Attachment.**

1. Attachment begins in utero.

2. Attachment organizes an infant physiologically (their body) and psychologically (their emotions).

3. Secure Attachment is the base for how the child will relate to the world and form relationships. It is the platform from which all relationships are built.

4. Attachment is the origin of conscience development, empathy, self-esteem and cause and effect thinking. All of which allow you to have healthy relationships.

5. Attachment happens only one person at a time – there is a Primary relationship that we need to mimic. That relationship really creates the safety net. This parent is the source of food and comfort and holds the child close. The child moves over emotionally at about the age of 7 to the other parent. That parent’s job is to take the child out into the world and to help the child build confidence, play by the rules, make friends and be part of a team.

Attachment Impacts:

 How you see yourself in the world

 How you see others in the world

 How you do relationships

There are 4 styles of attachment and we will be learning more about them and identifying which style your child is and which style you are in Module 2. You are going to be amazed at the insight this will bring.

 Disorganized

 Insecure Avoidant

 Insecure Ambivalent

 Secure