

# IMPORTANCE OF CHILD-ADULT RELATIONSHIP



## WHAT IS ATTACHMENT?

Attachment refers to a relationship bond between a child and their primary caregiver. This bond is formed in the early years and has a long-term impact on a child's sense of self, development, growth and future relationships with others.

## HEALTHY ATTACHMENT

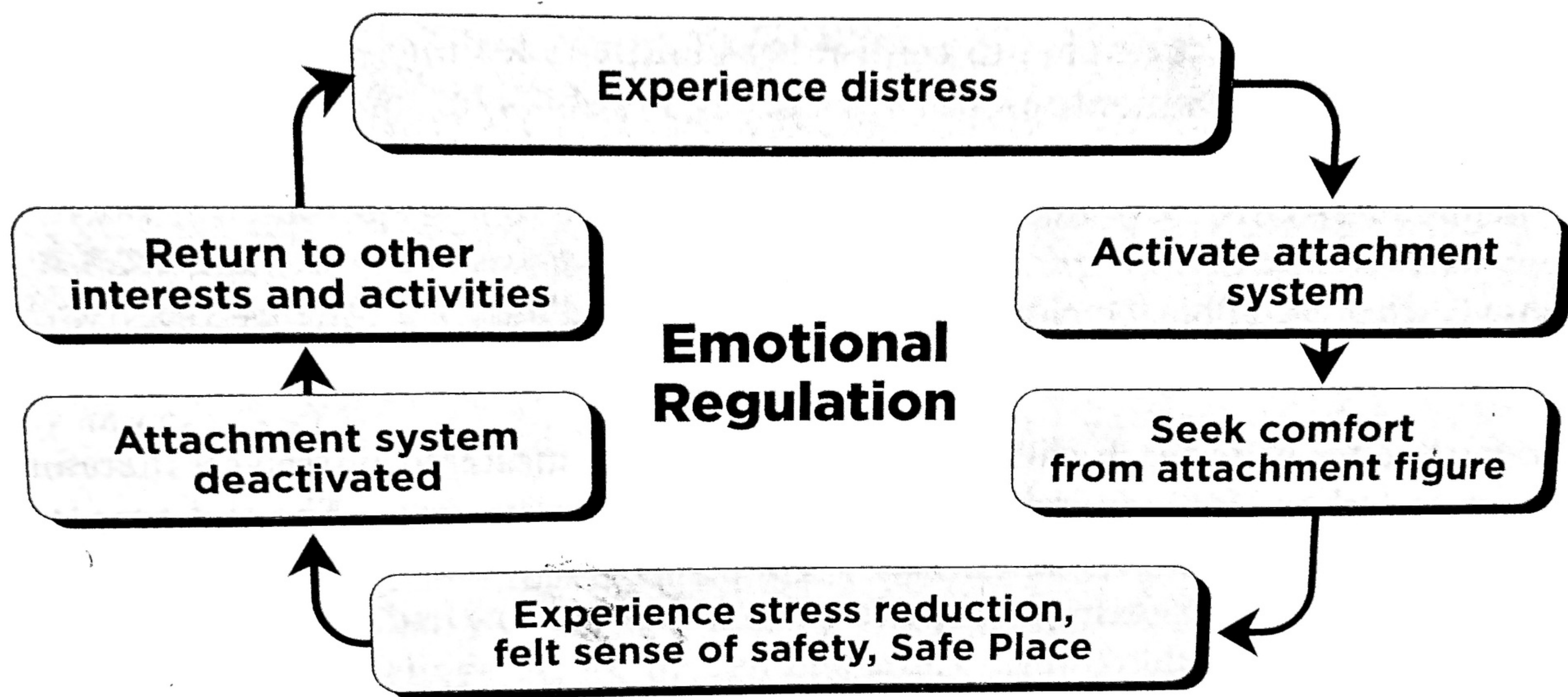
- Caregiver responds during stressful events and supports child's independence as well as need for connection
- Children who are healthily attached tend to be more exploratory while in caregiver's presence and are likely to seek contact during reunification.
- Healthy attachment is associated with positive outcomes including better social relations with peers, higher self-esteem, and better attention skills.

## NEED FOR CONNECTION

- Babies naturally seek attachment with their caregiver. They seek safety in parents especially during stressful events.
- Babies will often cry and reach out to their caregiver when they are in unfamiliar places, alone, ill/injured, or around new people.
- It's important that caregivers respond and comfort their baby during times of distress to create sense of safety.



# ATTACHMENT CYCLE



The chart above demonstrates how caregivers can create a healthy attachment with their child. For example, if a stranger comes into the room, this can activate the child's attachment system where the child will seek comfort from their primary caregiver. Once the child is comforted, they feel a sense of safety and are able to deactivate their attachment system. They are then able to return to other activities and explore.

For more information, please contact Early Child Mental Health Consultation at Denver Health:

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