



Attachment Assessment Tool

This tool is designed to help you work out if markers for strong attachment are present.

Marker	Frequency	Quality	Notes
Consistency & Reliability			
Responsiveness			
Physical Contact and Emotional Expression			
Setting Limits and Acceptance of Autonomy			
Positive Interactions			
Age-Specific Behaviours			

Pulled From; 1 aifs.gov.au 2 socialworkerstoolbox.com 3 effectivebehavior.com 4 rch.org.au

1. Consistency and Reliability: The nature of a child’s attachment experience is shaped by how consistently and reliably a caregiver responds to the child’s distress signals¹. Consistent, reliable, and responsive caregiving is associated with an optimal attachment experience¹.

2. Responsiveness: The caregiver's responsiveness to the child's needs is a crucial aspect of forming a secure attachment¹. This includes being available when needed and responding appropriately to the child's distress signals¹.
3. Physical Contact and Emotional Expression: The quality of physical contact and the caregiver's emotional expression towards the child are important indicators of the attachment quality².
4. Setting Limits and Acceptance of Autonomy: How the caregiver sets limits and accepts the child's autonomy can also influence the attachment quality².
5. Positive Interactions: Frequent positive interactions between the child and the caregiver can foster a secure attachment².
6. Age-Specific Behaviours: The behaviours to look for can vary depending on the child's age². For example, the attachment behaviours of an infant might be different from those of a toddler or an older child².

Remember, assessing attachment requires specialist training and is usually undertaken in prescribed situations where the child's responses to its caregiver are observed and coded¹. If you're concerned about a child's attachment to their caregiver, it's best to consult with a professional who specializes in child development or child psychology.

Please note that this information is a general guide and may not apply to every situation. Each child and caregiver relationship are unique and can be influenced by a variety of factors.