

ATTACHMENT REPAIR

What is a child-caregiver relational Disruption

- It is when the emotional connection between a child and their primary caregiver is mismatched, strained or interrupted
- Examples include: misunderstandings, maltreatment, separations, divorced parents
- Trauma a caregiver experiences can impact their ability to form an attachment to their child/children and the ability to provide consistent care and emotional support can be affected by their experiences with trauma

What is attachment repair? Why is it important

- **repairing attachment disruptions helps to build attachment relationships and is crucial for promoting resilience and mitigating the effects of adverse experiences. Adults should be empowered to take primary responsibility for initiating and facilitating repairs**
- Disruptions can be an opportunity to reconnect and strengthen the relationship.
- Just because a disruption has occurred does not mean you have failed as a parent.

Steps to repair the attachment

- Acknowledgment- describe what happened, be clear and specific. Avoid shame, blame or justify behaviors. Use “I” statements
- Accountability- take accountability for your behavior and your participation in the rupture.
- Awareness of the the impact- describe how your behaviors have impacted the child
- Acceptance and action- accept the rupture happened and commit to a plan of action or need/change to modify the behavior in the future.
 - E.g: Im really sorry that I yelled at you, that must have been scary. Mommy was angry and needs to breathe to keep her body calm next time”.

Things to remember

Conflict in the child-caregiver relationship is unavoidable and also doesn't indicate poor parenting.

Seeking information to increase your connection with your child takes strength.