Task sheet

Session 1.2
Understanding Attachment

This session explains the key points of attachment theory. The video footage (length 20 minutes) covers the key points and these are explained by experts in this field.

Video
Understanding Attachment

Watch the video footage and jot down any notes under the question prompts.

What is attachment?

Can babies develop more than one attachment?

What does ‘tuning in’ to babies look like?

What impact do these experiences have on the brain?

How do babies begin to make sense of their emotions?

What happens if a child doesn't receive responsive, sensitive & consistent care?

Reflection

- In what ways can attachment theory help us in our daily practice with children?

- What can I do to help my key children to make sense of their emotions?

- What can I do in my daily practice, to improve the relationship experiences of my key children?

Action to be taken