

Secure Attachment for my Child



Keys to Security:

- **My ability to think about and respond to my child's cues (about needs).** (*"Where is he on the Circle right now?" "She seems to be thinking she wants to do it on her own. I'll bet she wants me to back off a little." "What's he really needing right now?"*)
- **My willingness to understand what can get in the way of my reading these cues.** (*"I think I was just getting nervous again about her being too needy. That must be why I asked her to look at that toy."*)
- **My choice to think clearly and honestly about my own childhood and how it influences the decisions I make as a parent.** (*"Of course I'm having a hard time with his being so upset. My mother would never let me express my anger without making me feel ashamed of myself."*)
- **My choice to continually stand back and think about what I'm doing as a parent.** (*"I'm glad I can let her sit on my lap right now. She seems to be really needing a lot of comfort from me today." "I wonder why I keep being so angry every time he wants to do that without me?"*)
- **My willingness to repair inevitable breaks in the Circle.** (*"I've got to keep reminding myself that I'm the one who is bigger, stronger, wiser, and kind. Even though she is throwing a tantrum, I know that really means that she needs my help in organizing her feelings. Even though she feels like a tyrant right now, she's actually very little and lost and unable to make sense of what just happened."*)