



## Attachment relationships:

Consider any concerns regarding the child in the following terms, these are to help your thinking but remember you should not try and diagnose attachment issues:

Type of Attachment	Indicators
Secure Attachment	<ul style="list-style-type: none"><li>• Child has strong feelings of self-confidence and self-worth</li><li>• Child experiences a sensitive and reciprocal relationship in which their basic physical and emotional needs are met</li><li>• Child is comfortable with emotion within relationships e.g. able to seek support, seek and receive physical contact</li><li>• Child meets developmental milestones</li></ul>
Insecure/Avoidant Attachment	<ul style="list-style-type: none"><li>• Child does not seek out physical contact</li><li>• Child is generally wary</li><li>• Child's play is inhibited</li><li>• Child presents as withdrawn or independent, not used to seeking support from relationships</li><li>• Parent/carer fails to recognise or are indifferent to child's signals and needs</li></ul>
Insecure/Ambivalent or Resistant Attachment	<ul style="list-style-type: none"><li>• Child seeks contact, but does not settle when he/she receives it</li><li>• Child resists attempts at pacification</li><li>• Child is indiscriminate regarding who they interact with (moved from category above)</li><li>• Child demands parental attention, but angrily resists it</li><li>• Child nervous of new situations</li><li>• This behaviour often reflects parents/carers behaviour that is inconsistent and insensitive, rather than hostile and rejecting</li></ul>
Disorganised Attachment	Child is confused and disorganised Child experiences parents/carers as frightening and/or frightened and not as source of safety and comfort

There are resources to support thinking about attachment at Community Care Inform – find them [here](#)