

Understanding attachment play

Children connect, understand, learn and heal through their innate abilities to laugh and play. Attachment play taps into these innate ways of being by helping children heal from past experiences, prepare for new challenges, and express emotions.

Children express these emotions in various ways – through laughter, tears, or tantrums. Laughter, in particular, serves as a cathartic release for feelings like fear, anxiety, frustration, and powerlessness. The key to healing is ensuring that children feel connected with a trusted adult during expression of these emotions. Through attachment play you support your child towards secure attachment.

INFANT ATTACHMENT Theories

SECURE



Child becomes distressed when parent leaves, but is easily comforted when the parent returns.

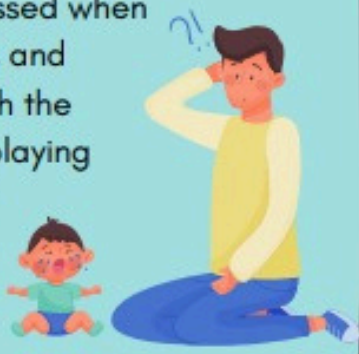
AVOIDANT

Child is not distressed when parent leaves and ignores parent when they return. This is the child's covert way of managing their anxiety.



ANXIOUS-RESISTANT

Child is distressed when parent leaves, and seeks to punish the parent by displaying overt feelings such as anger.



DISORGANISED

Child does not have a predictable pattern of attachment. Includes child who displays signs of depression and disturbing behaviour.

