

Secure Attachment

How to develop secure, strong relationships that drive learning



Secure Attachment Qualities

- Consistent and predictable
- Emotionally available, warm, and accepting of others
- Aware of your own and others' feelings, needs, and perspectives
- Communicate with empathy and compassionate understanding
- Communicate their feelings and needs openly and directly
- Respect others' autonomy and model good boundaries
- Have their own emotional needs met, usually through other secure relationships
- Help others transition from states of distress to calm
- Repair relationships when ruptures occur

Relationships change the brain.

Relationships that are consistent responsive and validating - those that model secure attachment behaviors - can heal! **Any meaningful secure relationship from birth until death can change the brain and how we relate to each other and to the world.** It could be a relationship with a partner, coach, friend, mentor, therapist, but very often it's an educator.



Educators are attachment figures!



Children experiencing adversity who are able to develop a secure teacher-student relationship fare better socially, emotionally and academically.

-Williford, Carter, & Paint, 2016. "Attachment and School Readiness". Ch 41 from Attachment Handbook

BE THE ONE



Strong leading and teaching begin with secure attachment qualities. How you can bring them front & center in your schools and classrooms?

- What secure attachment qualities come natural to you, and where is there room for growth? Self assess, and don't be afraid to seek feedback from staff, colleagues, and students to support your growth!
- What school or classroom practices could benefit from a reorientation around secure attachment qualities?