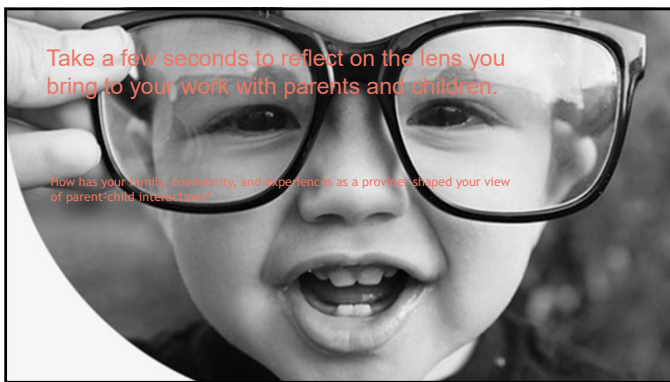


WHAT LENS DO YOU USE FOR VIEWING PARENT-CHILD INTERACTIONS AND ADDRESSING PROBLEMS?



Take a few seconds to reflect on the lens you bring to your work with parents and children.

How has your family, community, and experiences as a provider shaped your view of parent-child interactions?



ROLE OF ATTACHMENT IN HEALTHY DEVELOPMENT

Our relationships with attachment figures influence who we are, who we become, and our lens for viewing the world.

DEFINING ATTACHMENT

Attachment is a deep and enduring emotional bond that connects one person to another across time and space.

Mary Ainsworth

ROLE OF ATTACHMENT IN HEALTHY DEVELOPMENT

Relationships with attachment figures provide the foundation for:

- Emotional regulation
- Behavioral regulation



How to Promote Healthy Attachment

“Humans are a weed species.”
Steve Suomi

Humans have succeeded in a wide variety of environments

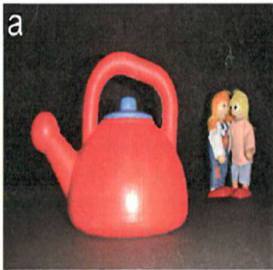
- ▶ Our dependence on relationships with others for survival
- ▶ Our ability to adapt to a wide variety of environments, including a wide variety of caregiving environments

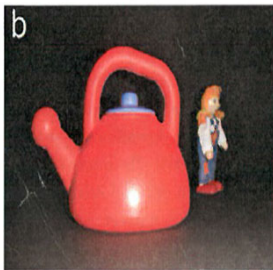
Using the Inborn Need for Attachment to Promote Healthy Attachment: Attachment Priming

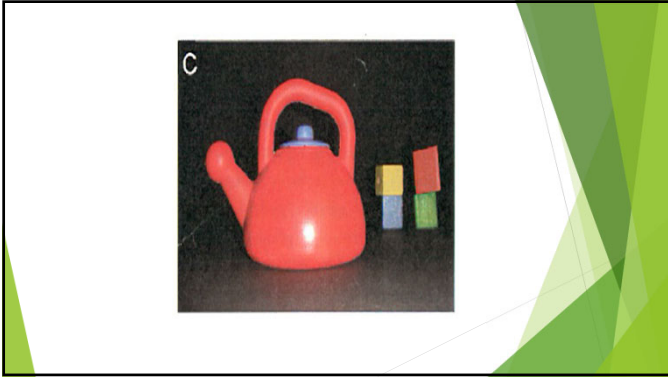
- ▶ We can “prime” affiliative and attachment behaviors by focusing on conditions that set the stage for these behaviors.

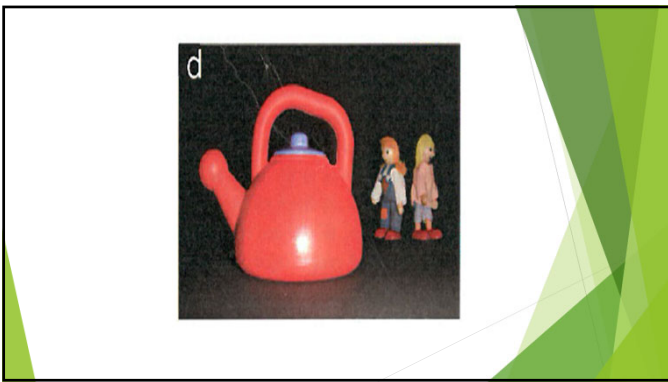
Attachment priming improves prosocial behavior in 18-month-olds

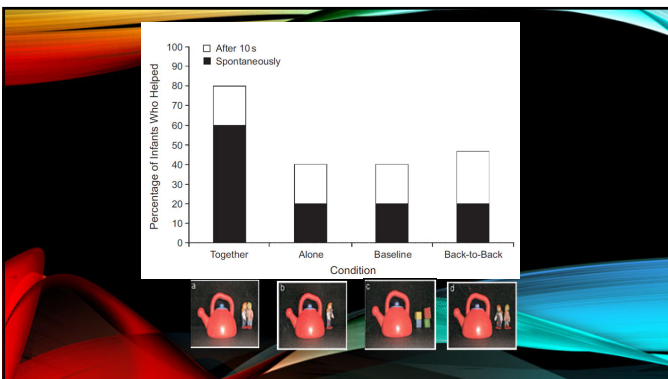
Over & Carpenter (2009), *Psychological Science*.














To promote healthy attachment

Harness the universal need for attachment



**USE ATTACHMENT SECURITY
PRIMING TO IMPROVE CHILD
BEHAVIOR**

What examples of attachment and positive child interactions do you have in your practice setting?



**USE ATTACHMENT SECURITY
PRIMING TO IMPROVE CHILD
BEHAVIOR**

Experience of positive caregiver-child interaction increases child's cooperative behavior and compliance.

How does your practice setting promote positive caregiver-child interactions?

ATTACHMENT SECURITY PRIMING IN ADULTS

- Pictures of mother and child
- Remembering positive experience with attachment figure

ATTACHMENT SECURITY PRIMING IN ADULTS

- More positive mood
- Generosity

USE ATTACHMENT SECURITY PRIMING TO PROMOTE PARENTS' ATTACHMENT BEHAVIOR

- Experience of positive caregiver-child interaction increases caregiver's sensitive responsiveness to child's attachment signals
- How does your practice setting provide a child-friendly and parent-friendly environment that promotes attachment?

PROMOTING HEALTHY ATTACHMENT
BY SUPPORTING PARENTS

If a community values its children, it must cherish its mothers.

John Bowlby

PROMOTING HEALTHY ATTACHMENT
BY SUPPORTING PARENTS

"DO UNTO OTHERS AS YOU WOULD HAVE
OTHERS DO UNTO OTHERS."

JEREE PAWL

PROMOTING HEALTHY ATTACHMENT
BY SUPPORTING PARENTS

It is our job as early childhood educators and parenting researchers to assure new parents that attachment is a process, *not dependent on any single event or specific parenting practice.*

Howard Steele

**PROMOTING HEALTHY ATTACHMENT
BY SUPPORTING PARENTS**

Parents need to be heard, seen, and appreciated so they can
hear, see, and appreciate their children

**PROMOTING HEALTHY ATTACHMENT
BY SUPPORTING PARENTS**

As we promote best practices in parenting, we need to be mindful of parents' unique role in determining what is best for their family.

Focus on moments where the parent is responding to the child's cues.

- crying
- smiling
- reaching for the parent

**PROMOTING HEALTHY ATTACHMENT
BY SUPPORTING PARENTS**

- Tell parents what a fabulous job they are doing of _____.
- Responding to their child's cues
- Asking for help
- Coping with sleep-deprivation

WHAT IS HEALTHY ATTACHMENT?

HEALTHY ATTACHMENT IS A BALANCE




HEALTHY ATTACHMENT PROVIDES

SECURE
BASE

Support for exploration



HEALTHY ATTACHMENT PROVIDES

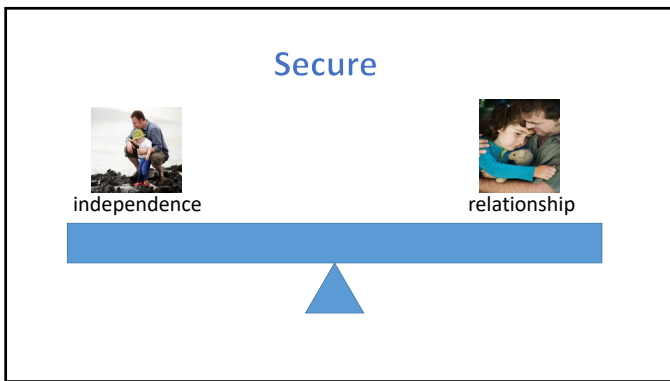


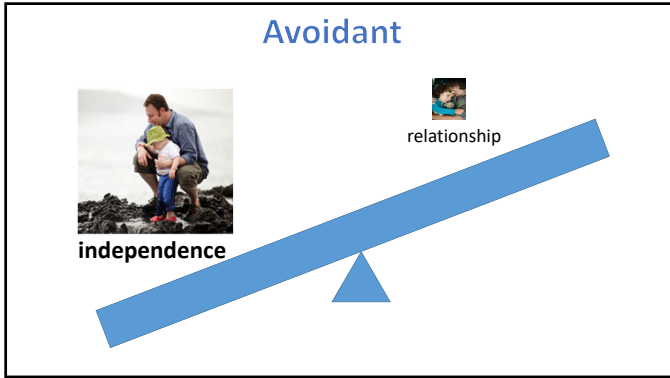
Safe haven

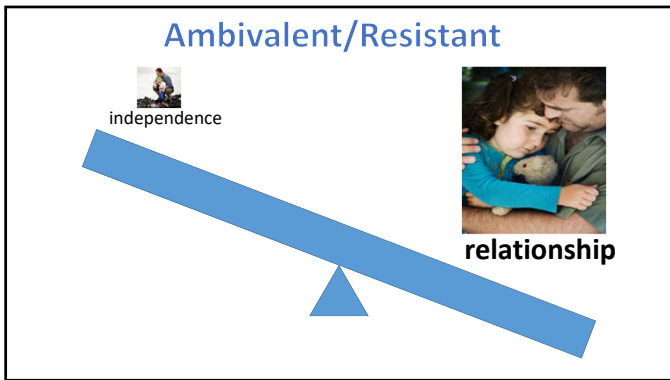
Support for seeking proximity and comfort when distressed

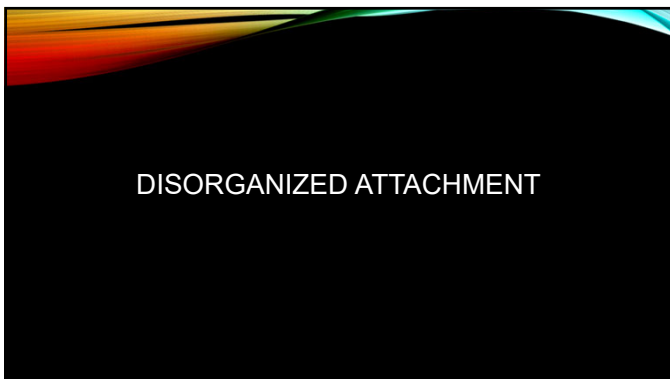
ORGANIZED PATTERNS OF ATTACHMENT

- Secure (B)
- Ambivalent/resistant (C)
- Avoidant (A)

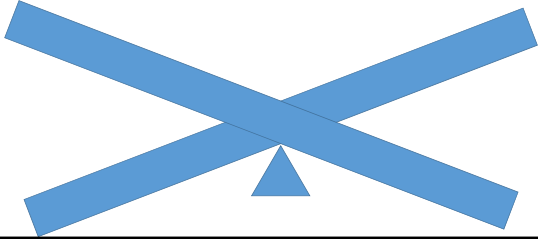




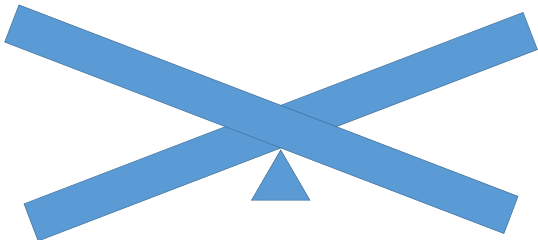




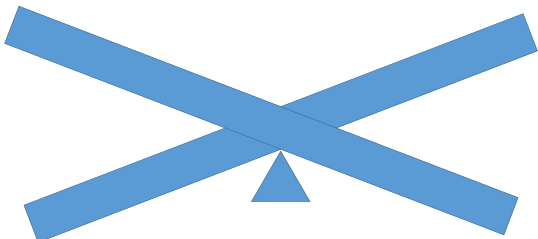
Loss is Disorganizing



Maltreatment is Disorganizing



Clinically Depressed or Traumatized
Parent is Disorganizing





- Secure attachment is a protective factor
- Insecure attachment, especially disorganized, is a risk factor



HOW TO PROMOTE HEALTHY ATTACHMENT


- Recognize and support moments of secure attachment and healthy functioning
- Respond to parents' concerns about their child's emotional development and behavior problems




Referrals for Parent-Child Relationship Problems

Promoting Healthy Attachment

Harnessing the power of attachment to address parent-child relationship problems in young children





Iowa-PCIT
Integration of Working Models of Attachment
Into Parent Child Interaction Therapy.

<https://pcit.lab.uiowa.edu/>

Two Phases to Iowa-PCIT

Child-Directed Interaction (CDI)
Focus on teaching parent to follow the child's lead.

Parent-Directed Interaction (PDI)
Focus on teaching child to follow parent's lead.
Teaching parent to set limits.
Teaching parent to give effective commands.

Child-Directed Interaction (CDI)

“The most precious gift we can offer anyone is our attention.”

-Thich Nhat Hanh

“When mindfulness embraces those we love, they will bloom like flowers.”

-Thich Nhat Hanh

CDI - PRIDE Skills



- P**raise: (acknowledges and verbally praises for positive behaviors)
- R**eflect: (repeats back what the child says)
- I**mitate: (copies what the child does)
- D**escribe: (describes what the child is doing)
- E**njoy: (shows and shares in your child's fun)

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Why I talk about the power of attention instead of "negative attention-seeking behavior" or "just doing that to get attention"

- ▶ "Attention-seeking" or "just doing that to get attention" evokes
 - ▶ negative idea about children's need for attention and their attachment needs
 - ▶ defensiveness in parents as implies they are not giving their child enough attention

Parent-Directed Interaction (PDI)

"There is a point, however, toward the end of the first year of life or early in the second year, when a baby's confidence in being able to control the world through his own actions is well enough established that parents can begin to show him the limits of his power."
Mary Ainsworth

Parent-Directed Interaction

- ▶ Parent-Directed Interaction involves a series of steps to teach the child to follow directions.
- ▶ Consequences are introduced gradually and with a focus on the child and parent feeling successful.
- ▶ "Listening practice" is used at home to reinforce the importance of learning to follow directions.

REFERRING PARENTS FOR PARENT-CHILD RELATIONSHIP PROBLEMS

- Referrals for parent-child relationship problems are most useful when:
 - The referral addresses the parent's concern – the parent feels heard
 - The referral is provided at the time the parent wants help – the parent feels their concern is taken seriously
 - The referral expands the network of support and guidance for the parent – the parent feels supported in developing a relationship with another provider

RESOURCES

- IoWA-PCIT website:
 - List of IoWA-PCIT providers: <https://pcit.lab.uiowa.edu/>
 - IoWA-PCIT manual and handouts

Resources:

Troutman, B. (2022). *Attachment-Informed Parent Coaching*. Springer.
beth-troutman@uiowa.edu