



## Attachment

Understanding the nature and quality of secure, respectful and reciprocal relationships.

The first Principle in the EYLF is “Secure, respectful and reciprocal relationships”. Attachment is the theory that allows us to understand the nature and quality of those relationships.

Quality Area 5 in the NQS is all about relationships “being responsive and respectful and promoting children’s sense of security and belonging”.

Although attachment was first described by Bowlby, in relation to child-mother interactions, later research has found that it plays a key role in early childhood education settings. In fact, recent large-scale research has found that between educational staff and children the types of interactions that form healthy attachments are also vital to children’s later educational outcomes. (Melhuish, Phan, et al. 2008)

By understanding attachment we can know more about how to develop new relationships and strengthen existing ones. Children who experience strong attachment relationships are more able to form new friendships and to regulate their own emotions.

Leaders who understand relationships are better able to support their teams to work with children, families and each other.

**Circle of Security** is an attachment based program. We use the Circle of Security as a map to help us to “read” the emotional needs of children and to understand our role as the adult in a secure relationship. It also helps us to understand how behaviour may be better understood through discovering the emotional need which is driving it.

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## Professional Development with Gowrie SA

These sessions are scheduled in our professional learning guide and can also be delivered at our service.

### Attachment Theory and the Circle of Security

Attachment is a term that describes the bond that is formed between people as a result of their interactions. These bonds influence the way people feel about others and impacts on their behaviour. This session will provide an overview of Attachment theory and the Circle of Security (COS) to support your relationships with children.

### Guiding Children's Behaviour

Often with behaviour, educators wonder about the words and actions they use in response to particular situations. This session will provide strategies to deepen reflection on your interactions and relationships, particularly with older children.

### Responsiveness to Children

Environments that provide opportunities for rich collaborative learning assist children to develop skills for self-regulation, positive communication and problem solving. This session will explore the many strategies educators can use to enhance children's social and emotional development and guide their interactions.

### Primary Care Giving

Primary Caregiving facilitates the development of secure attachments in children. Come along to find out what Primary Caregiving is, and is not, and learn about the benefits for children and educators. Your registration will include a free copy of: "Concepts of Primary Caregiving and Structures that Support Implementation in Early Childhood Settings"

## Further Resources

### Understanding Attachment Theory, Emotional Availability and Application in Early Childhood Settings



This resource discusses attachment and its importance in early childhood. It focuses on the formation of relationships between people; specifically, between children and the adults who care for and educate them. It explores the ways educators can integrate aspects of attachment theory and use self reflection to enhance their relationships with children in their care, in order to help children feel emotionally secure, provide optimal developmental opportunities for children, and cultivate a harmonious working environment. Cost: \$11

For more information or to order resource call

**(08) 8234 5219**

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[www.gowriesa.org.au](http://www.gowriesa.org.au)

### References:

Cooper, G., Hoffman, K., Marvin, R. S., & Powell, B. (1998). *Circle of Security*.

Melhuish, E. C., Phan, M. B., Sylva, K., Sammons, P., Siraj-Blatchford, I. & Taggart, B. (2008). *Effects of the home learning environment and preschool center experience upon literacy and numeracy development in early primary school*. *Journal of Social Issues*, 64 (1), 95-114.



### To register for sessions

Visit [www.gowriesa.org.au/register-training](http://www.gowriesa.org.au/register-training)

or scan the QR code to go directly to the registration page on the Gowrie SA website.