



ATTACHMENT STYLES AND PARENTING PROFILES

Birth parent style and birth family environment	Child's attachment style	Characteristics	Parenting needs
<p>Consistent, predictable, attuned, available, protective, responsive, warmth, low conflict, able to repair relationship when less responsive of predictable</p>	<p>Secure</p>	<p>Appropriately autonomous – seeks security at times of threat, emotionally and socially competent, empathy for others, trusts, approaches others for help, can resolve conflict, copes with stress and frustrations</p>	<p>Provide comfort & reassurance when needed</p> <p>Help children explore and learn in their world</p>
<p>Inconsistently available and responsive, no relationship between child's behaviour and parent's response, parent needy for child's love and affection</p>	<p>Ambivalent</p> <p>Hyperactivated attachment behaviour</p>	<p>Heightened distress, constantly needing attention and approval, pre-occupied with availability of others, switch behaviour to keep others involved, helpless, poor social competence, poor concentration</p>	<p>Structure, consistency and predictability</p> <p>High need for attention & co-regulation of their expressed emotion</p> <p>High nurture</p> <p>Help children learn to trust caregiver and feel safe and apart</p>
<p>Consistently unresponsive to distress, child left to fend for self, rejecting, resentful, no attempt to understand the child</p>	<p>Avoidant</p> <p>Deactivated attachment behaviour</p>	<p>Inhibit emotions, distress denied or not communicated, avoid and reject attempts at closeness, undemanding, complaint, self-reliant, may act as parent / carer</p>	<p>Ability to tune into avoidance, and not inadvertently reinforce it by assuming the child is fine (risk of needs being missed)</p> <p>High nurture & engagement, help for the child to feel comfortable needing and receiving nurture and support</p> <p>Help to feel safety and comfort with care giver</p>

			Help to co-regulate hidden emotion
High levels of chaos, violence and unpredictability, parent is frightening / abusive	Disorganised No strategy brings care and comfort	Controlling, aggressive, violent, unpredictable, highly dysregulated, risky behaviour OR disassociation	Help to feel safe and to trust caregivers Predictable, calm, low stress environment Parents to be emotionally well regulated High nurture, high engagement, low challenge Help to develop emotional regulation