



Attachment is a strong and enduring bond between a child and an adult who assumes responsibility for the well being of that child. It is a relationship where a more mature other assumes responsibility for meeting the needs of the child in a warm, responsive, and consistent manner. It is a relationship where the child feels a sense of both physical and emotional safety in the presence of the adult, and has the confidence that that person will meet their needs in a kind and loving manner.

It's in our very DNA. We are born looking for attachment. In every interaction that we have with our child connections are being made in our child's brain. Parents are brain architects.

Children who enjoy a healthy attachment relationship with their parents are less likely to develop mental health issues later in life. Children with a healthy attachment to at least one consistently available, predictable, and warmly responsive caregiver are more likely to do well in school, make friends easily, and respond to instruction and correction in positive ways.

**My power to parent is found in the strength of attachment.**

A parent's ability to influence the behavior, attitudes and values of their child is directly related to the strength of the emotional bond. The more connected I am to my child at an emotional level, the greater the likelihood that they will listen to me, respect me and want to follow my lead.

When we have no relationship with our children, parents are left with resorting to power and control, reward punishment, and threat and fear to attempt to get their child to comply.

Children who enjoy a healthy attachment with at least one parent have a "secure base" from which to venture out into the world.

The relationship acts as a fueling station so to speak, giving a child the needed emotional resources to approach the world with optimism and confidence.

They aren't afraid to try new things and test their limits. They know that when they need reassurance, encouragement and support, they can approach their attachment figure for the refueling that they need.

We all, at some level, feel about ourselves how our earliest caregivers felt about us. If we were loved and cherished by our parents, we come to view ourselves of lovable and worthy of care.

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