



Topic Tuesday

**ATTACHMENT
THEORY**

When parents focus on *Relationship* and *Observation*...
Then there can be *Understanding*

J O Y F U L - B E G I N N I N G S . O R G

Welcome to:

Joyful



BEGINNINGS



Joyful Beginnings is an online community providing support, resources, and a sense of belonging to all those who share their lives with young children, pre-birth to age three.

At Joyful Beginnings parents benefit from the knowledge and expertise of experienced Early Childhood Educators, but more importantly they can learn from and lean on each other.

Joyful Beginnings offers a safe space to learn about and share simple, natural, and joyful ways to care for young children.

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*Introduction
to:*
**ATTACHMENT
THEORY**

WHAT IS ATTACHMENT THEORY?

Attachment Theory is a developmental theory that answers the question: 'why would my kid listen to me?' For many years, parents have struggled to answer this simple question. Some have believed it is because of religious mandates, or the power of the adult over the child, others have fallen into a system of rewards and promises to get their children to listen. But the simple fact is, our children will listen to us simply because that is what they have evolved to do. My favorite definition of Attachment Theory is that it is: the drive or instinct that humans have at birth to hold and keep close to those they hold most dear.



2

**ATTACHMENT
THEORY-OR-
ATTACHMENT
PARENTING?**

THE DIFFERENCE

Many parents wonder if there is a difference between attachment theory and attachment parenting. The short answer is yes.

Attachment Parenting: Attachment Parenting is a parenting style introduced by the pediatrician, Dr. William Sears in his book of the same name. Dr. Sears looked at traditional cultures and how they raise their children and outlined distinct practices that would promote healthy parent-child relationships.

Attachment Theory: Attachment Theory was introduced as a cohesive theory by Psychologist, Dr. John Bowlby, in 1969. Attachment Theory is a social-scientific theory of human development and the importance of significant relationships to human survival and thriving. Bowlby's main premise was an emphasis that children's experiences of interpersonal relationships were crucial to their psychological development.



3

**THE
IMPORTANCE OF
STRONG ROOTS**



HOW MIGHT IT LOOK?

Healthy attachment relationships look like the roots of a healthy plant. The first relationship, the primary relationship, is like the taproot. For a taproot to dig deeper, to reach more nutrients, the right conditions must be present. If the deepest roots are strong, they decrease the plant's dependence on shallow roots. The maturation of the plant occurs when the roots find what they are seeking. In other words, there is a direct relationship between Attachment and Maturation.



**“We only imitate the one
that we are attached to.”**

-Albert Bandura

RESOURCES



Joyful Beginnings Podcast

Season 2, Episode 1:

Attachment Theory.

Book: Hold on to your Kids
by: Gordon Neufeld and Gabor Mate

TED Talk: Relationship Matters
given by: Gordon Neufeld

<https://youtu.be/YjfpGGOGDCo>

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