

Studying childhood development over the past year and having many more years of personal experience in the child care field itself, I've seen a prevailing occurrence and observation of the many different forms of attachment bonds; specifically, between child and parent or primary caregiver. This brought up the question in my mind of what true impacts we are having on our children and how or why we're having these effects? How, if possible, are childcare givers or adults able to change in their experiences or reactions or teachings/strategies to better this attachment/bond? This brought me to my research question of, "How does insecure attachment styles harm children, and then are they/we in turn stuck in this negative repetitive cycle further into our adulthood with relationships and attachments?"

Experience's shape who we are!

- Experiences that are not fully reflected upon and then processed, can create unresolved and left-over issues. These issues influence how we react to our children.
- When these issues are triggered within parent-child relationships, responses are often taken in the form of strong emotional reactions, distortion of perception, sensations in our body, and impulsive behaviors.
- Both left over issues and traumatic experiences or loss that's been left unresolved involve significant themes from the past that stem from repeated experiences in our earlier life that were difficult to us, or significantly emotional. These issues when left unresolved (without reflection), can continue to affect us (and our children) in the present time.
- Unresolved issues, may be the origin of "parental ambiance." When a parent is pushed into this intolerable emotion, we suddenly are incapable to be aware of it consciously or even make sense of it in our own lives, much less to tolerate it in our children's lives.
- By having self-understanding; we pass on the chance and ability to develop the child's own sense of vitality and freedom to experience their unique emotional world.

Memory is the way the brain responds to experience and create new brain connections.

Implicit memory-

- Present at birth
- Behavioral, emotional, perceptual, and possibly bodily memory
- Includes mental models
- No sense of recollection when memories recall
- Conscious attention is not required for encoding

Explicit memory-

- Develops during the second yr of life and beyond
- Sense of recollection present when recalled
- Includes semantic (factual) and autobiographical memory
- Requires conscious attention
- If autobiographical, a sense of self and time are present.

Adult Attachment styles linked w/ children attachment and bonding

Each of us have our own state of mind and general stance toward attachment that influences our relationships. You can see a common link in adult attachment styles- and therefore children's attachment/relationships:

- Respectful of attachment- Secure child att.
-ABC's of attachment: Attunement, Balance, and Coherence.
- Dismissing adult attachment- avoidant att.
-Avoids closeness and emotional connection.
- Preoccupied adult attachment- ambivalent att.
- Develop sense of anxiety and uncertainty. Creates sense of insecurity, as not sure if they can depend upon parent
- Unresolved adult attachment- disorganized att.
-Experiences become overwhelming, frightening, and chaotic.

*Coherence and Integration (pg. 47)

*Interpersonal Integration (pg. 48)

*Awareness of emotions in our Internal and Interpersonal worlds. (pg. 57)

*Contingent Communication (pg.80-100)

"Research shows that relationships w/ parents can change and as they do the child's attachment changes. This means it's never too late to make a positive change in a child's life."

There's always time to become more knowledgeable on self-reflection and our own attachment styles/beliefs. I'd like to see more adults/parents taking an active role to research this question/topic themselves: as we can positively impact children's future development/lives.

References:

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