

# Parent and Child Attachment Play

## What is parent and child attachment play?

Parent and Child attachment play is an evidenced based approach which is theory driven by attachment and child-oriented play with caregivers. The approach will share skills and understanding with parents and carers whilst being fully supported throughout the journey by a licensed practitioner.

## Brief process summary

- Introductions and Getting to know you me and us. Setting goals
- Circle of security – why is attachment important
- Window of tolerance – managing distress
- Neuroscience and trauma
- What is play and why is it important
- Skill based learning - Play
- Skill based learning – Containment
- Skill based learning – Reflective functioning
- Role play and practice with practitioner support
- Importance of self care

As well as reducing presenting concerns, this approach will give space for new experiences and learning for families to grow together. It will:

### Give opportunity for children to:

- Have a space to express how they feel
- Increase confidence and self esteem
- Develop trust with caregivers
- Develop problem solving skills
- Enhance relational bonds

### Give opportunity for Parent / carers to:

- Increase learning of child development and attachment
- Understand the importance of play
- Enhance feelings of warmth and nurturance
- Increase confidence and decrease frustration
- Enhance relational bonds

## The key principles

- Parents / carers are experts in their own child and family situation
- Empowering parents / carers as change agents within their own family
- An inside-out process based on internal motivation and relationship quality
- Reflective functioning is used to bridge any relational gaps
- Learning through playfulness curiosity and support

Parent and child attachment play is theory driven and an evidenced based approach that affirms attachment and how this is mechanised within the parent and child relationship. Evidence confirms that attachment is this emotional bond which is formed by wordless communication and as this is strengthened it allows for safety, trust and security to develop within the relationship. Fundamentally this approach enables parents and carers to strengthen the quality of their relationship that they share with their children.

