



# RESPONSES

## Avoidant / Rejecting Attachment Style

Once you have recognized the way the child typically relates to you when feel anxious or threatened, you can choose responses meant to help the child feel safe and develop trust, keeping in mind the boundaries of your relationship.

- Talk with the child about their mistakes or challenges to help them cope with failure and feel good about themselves.
- Encourage the child to accept help with small hurts and difficulties, gradually building up the child's ability to receive support.
- Find opportunities to nurture the child.
- Talk with the child about how they feel around adults and support them while they try to connect with them.
- To facilitate clear communication and avoid misunderstandings, use precise, factual questions in your conversation.
- Have a trusted older child become a buddy for a younger child.
- Allow choice in the content of play and activities.
- Encourage conversation about feelings using content from films, TV shows, or videos.
- Let the child know that you think about them when they are not around.
- To increase the child's low arousal, plan activities that involve swinging, rolling, and spinning.
- Plan clear, structured, concrete tasks. Start out by observing from a distance, if needed, and work your way towards doing tasks with the child.
- Until the child builds the emotional tolerance to handle losses, encourage the child to participate in non-competitive games. Make sure the rules are clearly understood before beginning.