



RESPONSES

Anxious / Ambivalent 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.

- Provide a highly predictable, structured routine. Use visual means such as a whiteboard or a wall calendar to set out a schedule.
- Prepare the child in advance for transition times and give them support while they shift from one experience to the next one.
- When approaching a big task, break it down into smaller steps and note progress at each step.
- Co-create a system to use at times when you are not able to give the child immediate attention. (e.g. Use a card to book a later time.)
- During short independent tasks, use cues such as a sand timer or an auditory cue to set limits around the task.
- Provide transitional objects to take your place for a while when you are present and also when you are apart.
- Notice the child frequently without them prompting you to do so.
- Provide reliable, consistent support.
- Gradually increase separation over time.
- Plan for any endings and separations.
- Share stories around separation, identity, and independence.
- Let the child know that you think of them when they are not around. Give details about how and when you remembered them.