

WHAT PARTS ARE CHALLENGING FOR YOU?

Figuring out the easiest and most challenging parts of attachment for you and your child.

Exploring

- Do you feel sad when you leave your child with family or day care workers? Does this get better over time?
- Do you worry your child will hurt themselves when playing at the playground or in the garden?
- Does your child find it difficult to leave you to play with friends?
- If your child is in a familiar setting with familiar people do they still stay near you?

If you answered yes to these questions you may find your child going out and exploring more difficult.

Comforting

- Does it feel uncomfortable hugging your child when they are giggling, crying, hurt or screaming?
- Are there times you feel unable to be near your child or hold them even when they want to be near you?
- Does your child come to you if they hurt themselves?

If you answered yes to these questions you may find your child coming in for comfort more difficult.

If you find it hard to let your child explore or to comfort your child it is important to reflect on your own experiences and how they led you to these feelings.