



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## ATTUNED TO ATTACHMENT

For children forming a secure, emotional attachment with their caregivers is natural and rewarding. Children develop attachment relationship with their primary caregivers – often first with their mothers. Attachment is motivated by biology of the child's literal need to be physically close to a caregiver in order to survive. This closeness meets the child's emotional need to feel secure. According to Sroufe & Waters, (1977) "both child and caregiver find satisfaction and enjoyment in a securely attached relationship."

One of the most important concepts is that a child learns that his/her world is safe because their caregiver provides love and support. "This relationship is the foundation for future relationships throughout one's life." (Bowlby, 1969) In 1982 Bowlby, a British psychiatrist, also argued that humans have an inborn "attachment system" shaped by the forces of evolution. He wrote, "The human attachment system is a biological, behavior system; behaviors that can be observed in conversations between adults and infants being driven by this biological, behavioral system."

***There is a developmental phase of attachment that ranges as follows:***

- 2-7 months** with limited discrimination
- 7-12 months** with limited preference
- 12-18 months** secure base
- 18 months & up** goal-corrected partnership

Research in recent years suggest that the root of children's capacity for self-regulation lies in well-functioning attachment relationships, where children experience emotional security through the consistent presence of a nurturing and protective caregiver. (Weinfeld, Stoufe, Egeland & Carlson, 2008).

### ***Attachment and Emotional Regulation***

Even when attachment issues are diagnosed, often it is hard for the parents who do not see the problem as one that exists between THEM and the child. To further complicate this, "THEM" can be numerous caregivers. Of course this fact makes attachment for any child more complex. Then add the fact that we (all caregivers) have our own Ghosts in the Nursery. (Robin Karr-Morse) Mrs. Karr-Morse is a renowned author, therapist and speaker on the impact of childhood trauma. The dyadic relationships from our past further complicate how caregivers react to their children's behaviors.

"The infant/caregivers relationship has been viewed as being so powerful that it can shape children's development of concept of self (Stern & Elias, 2007), and guide how children behave in other relationships contemporaneously and throughout their lifetime (Berlin, Cassidy, et al., 2008; Main, Kaplan & Cassidy, 1985)

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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#### **Ages 0-5**

Covers the following counties:  
Logan, Morgan



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#### **Ages 0-5**

Covers the following counties:  
Logan, Phillips, Sedgwick

## LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.

For additional support during  
the COVID-19 Pandemic you  
can call Centennial's  
**COMMUNITY  
SUPPORT LINE**

You can do this by calling your  
nearest Centennial office:

Akron - 970.345.2254  
Burlington - 719.346.8183  
Cheyenne Wells - 719.346.8183  
Elizabeth - 303.646.4519  
Fort Morgan - 970.867.4924  
Holyoke - 970.854.2114  
Julesburg - 970.474.3769  
Limon - 719.775.2313  
Sterling - 970.522.4392  
Wray - 970.332.3133  
Yuma - 970.848.5412

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*Centennial Mental Health Center es un proveedor  
y una empresa de igualdad de oportunidades*



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#### **Ages 0-8**

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#### **Ages Prenatal-5**

Covers Cheyenne, Elbert, Kit Carson,  
Lincoln, Logan, Morgan, Phillips,  
Sedgwick, Washington & Yuma Counties