Supporting Children By Creating a Secure Bond

Resource for Families and Early Educators

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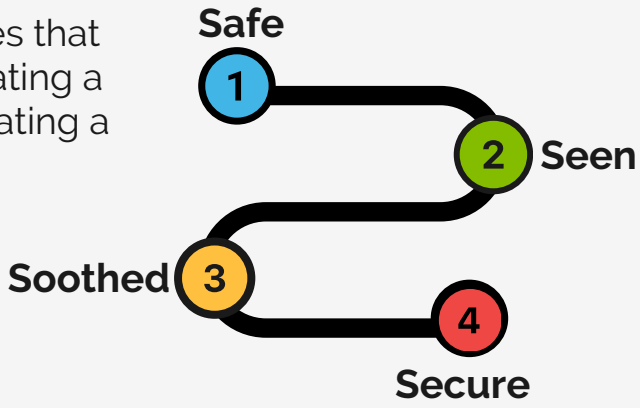
Creating a Secure Bond

Secure attachment is defined as repeated experiences that promote a child's comfortability with a caregiver. Creating a healthy and secure bond with children starts with creating a safe and nurturing foundation.

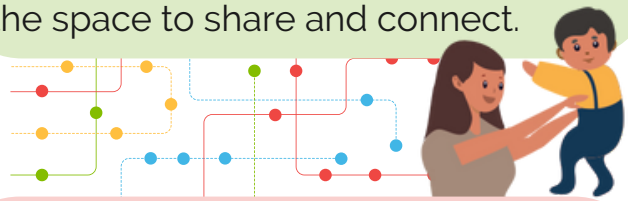


The **4 S's to Create a Secure Attachment:**

1. **Safe**
2. **Seen**
3. **Soothed**
4. **Secure**

1 **Safe** - Creating a safe environment for children by providing protection from harm. Caregivers are not sources of fear (e.g., being unpredictable, yelling). When mistakes are made, repair takes place to replenish the relationship between caregiver and child. For example, **"I'm so sorry that was frightening for you. I didn't do a good job by yelling."**

2 **Seen -** Children feel validated and connected to caregivers. Attention is given to a child's internal world, including their thoughts and feelings. Create spaces and time to be curious about your child and allow your child the space to share and connect.



3 **Soothed -** Children find comfort in caregivers when they are in discomfort. Equip children with the tools they need to self-regulate and to build comfort. Offer your P.E.A.C.E.:

- **P**resence,
- **E**ngagement,
- **A**ffection,
- **C**alm,
- **E**mpathy

For example, **"I'm so sorry you're feeling bad right now because bath time is over. I'm here with you."** Create spaces for children to self-soothe: a calm corner with books or a favorite toy or teach them breathing techniques to relax.

4 **Secure -** The result after the 3 S's are met. Children's brains will develop to expect that their needs will be taken care of by the people they trust. This will allow them to expect that from other relationships and thus allow more secure relationships in their own lives.

Source: YouTube Link

This resource was adapted from the work and insight by Tina Payne Bryson, PhD

Los Angeles County Office of Education (LACOE) • Office for the Advancement of Early Care and Educations (OAECE)
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