

Alternative Training Packet for Session 2: Attachment

Note to Resource Coordinator please provide these items to participant for this session:

- “Trauma, Brain and Relationship: Helping Children Heal” DVD (If no internet)

1. Read the Attachment chapter in *Foundations Part 2 Classroom and Resource Guide*; read both the class content and resource section.

2. Do this Writing Exercise: Imagine that you are sitting in a room with a 3-month-old baby. It is just you and the baby. Please write down the answers to these questions:

What are you doing? _____

What are you thinking? _____

What are you feeling? _____

- If you found yourself snuggling, cooing, singing, rocking, protecting, planning the next meal, smiling, and feeling all warm inside – You were demonstrating the healthy attachment/attunement process that caregivers have with infants and children!
- If you found yourself anxious, uncomfortable and wanting to return the baby as soon as you could - then it is possible that attunement activities don't come as naturally to you. That is OK; but you should challenge yourself to learn more about how to make this important and profound connection with future children in your care!

3. Watch this video: Watch Bruce Perry video “**Trauma, Brain and Relationship: Helping Children Heal:**” (25 minutes) <https://youtu.be/Ryj7YYHmbQs> This video is also available as a DVD through your Resource Coordinator.

4. Write: Answer this question (adapted from L. Mumley, RC): *Thinking about the child in your home OR another child you have known, what specific things could you do to help promote secure attachment with that child?*

Additional Resources for Session 2: Attachment: The rest of these videos, websites and/or articles are *not* required, but they will compliment your learning about attachment.

➤ **Watch** these videos:

- *PowerPoint* video on Attachment (45 min) https://youtu.be/a_b5Sm-RVUM
- Serve and Return Interaction (2 min) https://youtu.be/m_5u8-QSh6A
- Tronick's Still Face Paradigm (6 min)
https://youtu.be/bG89Qxw30BM?list=PLswRW757s0wc2eiQJOH04ppU_TTPsfbvY
- Father-Daughter Attunement (3 min) <https://youtu.be/Bpu0TIXz1w>