



Attachment and Discipline

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Levels of attachment and how it directly effects how you dicipline

Brain Developement

Excerpts From Dr. Bruce Perry, M.D.,PH.D



- Attachment
- Self-Regulation
- Affiliation
- Awareness
- Tolerance
- Respect

Attachment (Not the same as bonding)

What

Capacity to form and maintain healthy emotional bonds with another person. First relationship

Why

Attachments allow a child to love, become a good friend, positive model for future relationships. a hard time making friends and trusting adults

Self-Regulation

What

Ability to notice and control primary urges - hunger and sleep, and feelings - frustration, anger, and fear

Why

Putting a moment between an impulse and an action is an essential

Attunement/Awareness

What

Recognizing the needs, interests, strengths, and values of others

Why

Awareness allows them to learn about the needs and complexities of others by watching, listening, and forming relationships with a variety of children, becomes part of a group

Affiliation

What

To join others and contribute to a group

Why

We are biologically designed to live, play, grow, and work in groups

Tolerance

What

Capacity to understand and accept how others are different from you

Why

It's natural and human to be afraid of the new and the different. To become tolerant, a child must first face the fear of difference

Respect

What

Appreciating the worth in yourself and in others

Why

Will belong to many groups, meet many kinds of people, and will be able to listen, negotiate, compromise, and cooperate. Having respect enables a child to accept others and to see the value in diversity

Things You Need To Remember



- Nurture-touch with permission
- Understand to be understood
- Emotional age NOT chronological
- Humor & Sense of Perspective
- Consistent, Predictable, Repetitive
- Patience
- Appreciating Small Accomplishments
- Modeling

CONNECTION

1 Conversation

↓
Children need ONE meaningful eye to eye conversation with a parent each day

8 Touches

↓
Children need a minimum of 8 touches during the day to feel connected (12 if they are going through challenging times)

9 Minutes

↓
There are 9 minutes during the day that have the greatest impact on a child. The first 3 minutes right after they wake up, 3 minutes after they come home from school, the last 3 minutes of the day before going to bed

Goals of Effective Discipline

- Build Relationships
- Protecting and nurturing children's physical and psychological wellbeing
- Advancing children's development
- Meeting children's needs
- Teaching ways to prevent and solve problems
- Maintaining and building the parent/child relationship
- Helping children develop self-control and responsibility

Taking Time and Giving Time

- Take time to gain your own composure
- Give children an opportunity to change their behavior
- Tell children where to go and for how long and ignore child's behavior while in time-out
- Afterwards, talk to children about what they have learned
- Focus on positive activities and praise

**Kids don't care how much
you know...**

until they know you care

