

Hi and welcome to this month's newsletter from Core Assets. This month we will be focussing on **Attachment**.

## What is attachment?

Attachment is a connection which is formed initially between a baby and their primary care giver. This emotional bond enables the baby to get their basic needs met. Basic needs include things like food, water, comfort, love, care, security, safety however, it also includes our emotional needs too. Strong, healthy attachments have a direct link with positive social, cognitive and emotional development. Our early life experiences of attachment impact upon our ability to form relationships throughout our life. Attachments act as a coping strategy and there are four different attachment styles:

- Secure Attachment – YP's with this attachment style often grow up to be stable and secure individuals who are generally trusting of new people and experiences
- Anxious Resistant Attachments (insecure) – YP's with this attachment style often grow up to be anxious of new situations and environments.
- Anxious Avoidant Attachments (insecure) – YP's with this attachment style are fairly nonchalant in their approach to new situations and environments
- Disorganised Attachment (insecure) – YP's with this attachment style have often experienced early childhood

trauma and respond atypically to situations, affecting their future relationships and connections with others.

A healthy, secure attachment leads to feelings of self-confidence and a sense of security and stability which allows the child to grow and develop with high self-esteem and self-worth. An attachment style that is insecure can lead to anxieties, low self-confidence, a lack of security and instability, which means that the child may struggle with low self-esteem and a lack of self-worth.

## What do you need to be aware of?

Attachment styles are formed in very early infancy, a lot of the young people that we come into contact with may have experienced childhood trauma and other difficulties in forming their early attachments. Therefore it is more likely that the children we spend time with will have insecure attachments. This is something that we need to be mindful of and most importantly, ensure that our Foster Carers are mindful of too as it needs to be considered when trying to form an attachment with the young person.

Our Young People don't always have the vocabulary or the ability to verbalise their thoughts, feelings and emotions around attachment or their anxieties so sometimes, they may express this in their behaviours. It is also important to consider that attachments and attachment styles are learned from a very young age, they create neuropathways within our brains and so they impact our young person heavily. Considering the additional factors that our young people contend with on a daily basis, this can lead to feelings of being unsafe, insecure, isolated and can make it very difficult for them to trust and build new and secure bonds.



## What do you need to do?

Be patient with the young person, know their history and consider what their attachment style may be. If you are unsure or would like some further support, feel free to discuss these young people at consultations with Core Assets, Caring to Care.

Prepare the Foster Carers for challenges they may face when trying to bond with the young person, talk to them, get their thoughts and feelings, discuss perhaps some of the feelings that might come up, normalise these feelings and let the foster carer know it's going to be challenging but we are there to support them!

Think about what services you may be able to offer to the young person, can you increase visits? Is it worth looking at alternatives like Independent Visitors? Will the young person need additional support? What about the Foster Carers? Do they understand attachment? Do they need some additional support?

## How can Core Assets, Caring to Care help you and your young person?

We are here to help in any way we can! Some of our support options include:

Consultations with you to discuss possible ways in which you can support the young person and services we can offer to support this.

If considered appropriate, you can refer the young person to panel and we can look to provide additional support which can include:

- One to one support with a young person support worker, tailored to the needs of the young person
- One to one support with a therapist, again tailored to the needs of the young person

- Parenting support or Carer support on a one to one basis, to explore challenges faced due to attachment styles to enable carers to support the young person effectively, considering trauma informed practice.

We can also offer other solutions such as group work and are happy to accept any ideas you may have about what may work for the young people you work with.

## Summary

Attachments can be a challenging topic and impact everything for our young people from their ability to form relationships to the way in which they build trust with the systems supporting them. It can be hard for us, as a system to understand why a young person behaves the way that they do and often when we trace their behaviours, it links back to their attachment style. Attachment styles can also inform placements and placement breakdowns so it is really important that we consider their impact closely. Caring to Care are here to support you and the young person/carers so please pop to us for a consultation!





## A request for your help!

We are really keen to know what you think about the consultations so will be emailing you all a survey over the next month! It will consist of five questions and your responses will help shape the consultations moving forward! This is the time to have your say and make this space work for you!

## Exciting news

We are pleased to announce that we have launched our new Digital Offer. This is an online website aimed at providing advice and guidance in relation to emotional health and wellbeing. It is for anyone and we mean anyone who feels that they would like to access support (Social Workers, Foster Carers, Young People and Children). The website also includes an online chat function between the hours of 9am and 5pm, Monday – Friday. It can be accessed at [www.takeabreathhub.co.uk](http://www.takeabreathhub.co.uk)

Please have a visit, promote the service to your young people, foster carers and feel free to use it yourselves too! We appreciate any feedback or ideas that you have on ways we can improve it/things you would like to see etc.

## Farewells and new beginnings

Antonia Snelgrove and Lindsey Fooks will be leaving Caring to Care at the end of August. They will be contacting you personally in relation to any individuals they are working with to let you know the next steps or the endings and transitions.

We are currently recruiting two new therapists and will keep you posted on our progress in upcoming newsletters...

Whilst we are on the subject of our team, we thought it might be a good opportunity to clarify the therapeutic services that we offer:

- Confidence building
- Self Esteem work
- Emotional health and wellbeing support
- Dramatherapy
- Play Therapy
- Person Centred Therapy
- Psychodynamic Approaches
- Art Therapy
- Cognitive Behavioural Therapy
- Foster Carer Support
- Parenting skills and workshops
- Child Psychotherapy
- Theraplay
- Integrative Therapy

Other therapeutic skills and services offered on an adhoc basis. Please contact us for further information either at a consultation or via email:

[c2creferrals@coreassets.com](mailto:c2creferrals@coreassets.com)