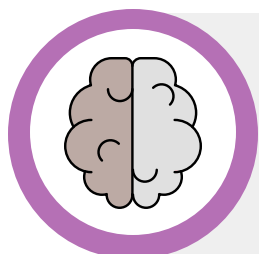


# The benefits of secure attachments

If there is one thing that you focus on inside your service with the children it should be forming secure attachments as there are so many benefits that come from children being around safe, nurturing, predictable and consistent caregivers.



## Improved brain development

Children who have a secure attachment with at least one adult caregiver in their life have demonstrated increased brain development than those who do not have any secure attachments due to not constantly entering fight, flight or freeze when they sense danger.



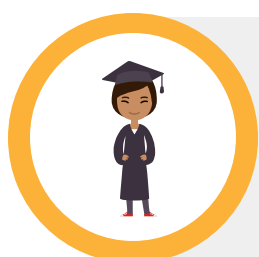
## Improved learning engagement

Children who feel safe and secure in an environment due to having their basic physiological and psychological needs meet (i.e. food, shelter, hygiene, emotional care and protection) are then able to engage in higher functioning tasks such as learning.



## Decreased behavioural issues

A number of common behaviours (aggression, attention seeking, withdrawal) are signs of an insecure attachment. When you form a secure attachment with these children and they learn they can trust adults the behaviours can completely go away inside the service.



## Increased academic outcomes

Children who have not had any secure attachments in their lives by the time they start school end up not trusting their teachers and often do poorly or leave. Those with secure attachments in the early years do well in comparison and often finish year 12 and may go on to further study.



## Reduced mental health issues

Children who have not had a secure attachment model in their lives often grow up to have mental health issues such as anxiety and depression. Those with secure attachments have more positive self-talk, better coping mechanisms and resilience.