



Go-To for Attachment-the Heart of Parenting (10-18 yrs)

Attachment is crucial for healthy social and emotional development in the tween & teen years. Whilst friends & new relationships become increasingly important, parental bonds still play a huge role in providing support & guidance during this period.



Importance of
healthy
attachment for
tweens & teens !



Securely attached
tweens & teens tend to have:

Better mental health
**Stronger social skills and
positive relationships**

**Less engagement in risky
behaviours**

**A better ability to cope with
challenges**

Trusting and relying on the people we love.....

It isn't about knowing you're okay all of the time, or never struggling- in fact, it's the opposite! When you do struggle, healthy attachment means you know where to turn and how to ask for the support you need to feel okay.

Nurturing, positive attachment developed in infancy, through childhood and stabilising in teen years, provides the template of how to relate to others. It informs how to learn to love as a teenager and safely separate from parents/family at points of transition- School, Uni, work.



Secure child/parent attachment supports and informs every new relationship. Whether it's friendships, romantic love, or even a love for hobbies, teenagers' understanding begins at home. Healthy attachment helps teens to judge who and what makes them feel comfortable in the new relationships they develop. They will learn to build emotional resilience and life-skills. They will be more confident developing and maintaining their own identity within relationships.



If you are concerned
about your teenager
consider seeking
reaching out for
support.

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm



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HOW TO BUILD AND
MAINTAIN STRONG BONDS
With Your Teen

Secure, Consistent &
available- the key to
attachment in the
tween & teen years

- ♥ Spend time connecting with your teen
- ♥ Provide safe and supportive space for them to explore experiences & emotions
- ♥ Look for opportunities to encourage open and honest conversation- in the car, a walk together
- ♥ Try to be playful and curious
- ♥ Acknowledge & show empathy for the big (and small) emotions experienced during these years of rapid change
- ♥ Keep talking and Listening attentively
- ♥ Offer praise and encouragement for their efforts & accomplishments.
- ♥ Establish clear boundaries and expectations, while allowing for age-appropriate experience & autonomy



Useful reading

"Never too old to play"- Parentline NI

<https://www.ci-ni.org.uk/wp-content/uploads/18-D-Ready-to-go-Play-teens.pdf>

'Creating Loving Attachments" Golding & Hughes, 2012. ' Gold

"Teenagers & Attachments: Helping Adolescents Engage with Life and Learning." D Hughes & K Brisch, 2009

<https://www.blossomingkindness.com/blogposts/bonding-with-your-teenage-child-is-a-beautiful-under-taking>

READ MORE

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