

Understanding Attachment Theory:

Building Stronger Connections with Your Child

A two-hour workshop giving parents and caregivers practical tools to recognize their child's attachment style and respond in ways that support their growth.

The Five SEL Skills Every Child Needs to Master

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
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Secure attachment is the foundation all five are built on — children learn to regulate, relate, and decide inside safe relationships.

What You'll Explore

Attachment and Emotional Health

How everyday connection, comfort, and repair shape your child's resilience.

The Four Attachment Styles

Secure, anxious-preoccupied, dismissive-avoidant, and disorganized — and how to tell them apart.

Recognizing Your Child's Cues

Attuned, consistent responses that build security, emotional growth, and trust.

Earned Secure Attachment

How children and adults alike can heal toward greater emotional security.

But Here's What Few Parents Realize

You have an attachment style too — and it shows up the moment your child needs you most.

Workshop Details

Date

Saturday, October 17, 2026

Time

10:00 a.m. to 12:00 p.m.

Location

FACE Center, next to Britton Middle School (80 W. Central Ave.)

The relationship you build with your child today shapes the adult they become.

As a parent, you are the single most influential person in shaping your child's attachment style — and a child needs just one secure attachment to thrive.

Open to all families. All are welcome.

Sign up to reserve your spot: bit.ly/4xvnkcp

FACILITATOR

Kathleen Costello • Attachment Matters, LLC

