

3 Basic Patterns of Attachment

A. *Securely attached* - children are able to use their primary caregiver as their secure base. However, they are able to leave the caregiver and explore. They are often distressed when the primary caregiver leaves, but are easily comforted.

B. *Avoidant* – They do not become distressed when separated from the primary caregiver. When the caregiver returns these children avoid or completely ignore the caregiver.

C. *Disoriented-disorganized* – behaviors display internal conflict. The child may become extremely upset when separated from parent and when reunified with the parent they may move away from the parent or avoid the parent.

These levels of attachment can give us a framework when working with families to better understand interfamily relationships, strengths and areas in need of improvement. Match the patterns above to the case scenarios below. Answers may vary, so pick the answer you feel fits the scenario the best.

_____ Araya is a 5 year old little girl who has been in a physically and sexually abusive home. Upon removal from the home, Araya says good-bye to her primary caregivers calmly and shows no concern for leaving them. Once placed in foster care Araya immediately begins to call the foster parents mom and dad. When Araya meets a new person she is quick to show affection. Araya occasionally asks to see her primary caregivers, but also seems to be content in the foster placement.

_____ Jeremiah is a 14 year old boy who was removed from his home due to methamphetamine manufacturing. Upon removal, Jeremiah refused to say goodbye to his mother and appeared to be upset with her. Jeremiah has weekly visits with his mother, but has repeatedly stated reasons why he should not visit (i.e. extra-curricular activities, homework, etc.). This week Jeremiah was caught vandalizing and was sent to detention. He will now miss his visit with his mother this week.

_____ Lakesia is a 16 year old girl who was removed from her parents' home due to domestic violence in which she was injured. Lakesia cried because she had to leave her mother and was very concerned for her mother's well-being. Lakesia also appeared relieved to be away from her father. Lakesia is placed in a kinship placement. Lakesia requests to speak to her mother frequently, but also appears content with her placement.

_____ Donovan and Tristan are 2 year old twins that were removed from their father's home due to unsanitary living conditions and lack of supervision. The social worker observes the visits to be unusual as Donovan and Tristan pay little attention to their father and seem to play together throughout most of the visit. The social worker has spoken to the father about his interactions with the children and the father explains that he and the children are relating similar in the visits as the do at home. At the end of the visits the children give what looks like "forced" hugs to their father and show no emotion when he leaves.

_____ Chang and Li Mei are brother and sister. Chang is 10 and Le Mei is 8 years old. Chang and Li Mei were removed from their mother due to neglect which stemmed from substance abuse. When the children were removed from their mother they both screamed and cried excessively. Once they were taken to the foster home they quickly calmed themselves and were content with meeting their placement providers. At the beginning of the visits the children greet their mother happily, but then talk more to each other than their mother. As the visits continue the children appear to be less enthusiastic about seeing their mother, but continue to scream and cry when separated from her.

_____ Jake is a 3 year old boy who is currently home on a 90 day home trial. During the social worker's visits to the home they observe Jake to show affection to his parents. When the social worker asks Jake to talk in another room he goes willingly, but looks back at his parents as if to ensure they are staying where they are. After talking with Jake the social worker observes his return to the room where his parents were when he left and he begins to show the same affection as before.