

Is it important to establish a secure attachment with children?



<https://www.shutterstock.com/zh/image-photo/lively-asian-young-mother-tickling-little-1702499290>

Source: Specialist in psychiatry, Dr. Leung Yuen Shan

Every time the child is sent to school, they cry non-stop and have a difficult time separating from their mother. This may be a sign of a lack of security. Many studies have shown that a secure attachment is a foundation for a child's success in life. How can parents establish a secure attachment with their children?

In fact, a secure attachment requires deliberate effort and a lot of hard work from the mother. A child's trust in the world and their own confidence are closely related to their secure attachment to their mother.

When a child doesn't feel safe, they usually have trouble being apart from their mother. Usually, when a child is separated from their mother, they may cry and fuss a bit but can be easily calmed down. However, a child with an unstable sense of security may become very upset and throw tantrums quickly. This is a sign that parents need to work on establishing a sense of security.



shutterstock

IMAGE ID: 266132030
www.shutterstock.com

<https://www.shutterstock.com/zh/image-photo/children-mother-crying-first-day-go-266132030>

So, how can parents establish a sense of security? First of all, the mother must take care of herself. The mother's mental health is the foundation of everything. If the mother is not taking good care of herself, she will not be able to take care of her child. If she finds that she has a real emotional problem, such as high mood swings, irritability, crying, insomnia, or the inability to eat, she should deal with it as soon as possible for the sake of the child's future.

Children are constantly building a sense of security and trust in the world and people as they grow. Parents can continue to respond to and pay attention to their children during their childhood and establish more parent-child time through different activities to increase intimate communication. All of these efforts can help the child build confidence and a sense of security in the world.