Now moments and attachment



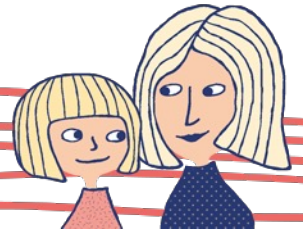


Now moments

- Now moments are those moments that arise when two people establish a special kind of contact.

- Now moments between a child and an adult can arise when the adult is able to catch the moment and be in that moment with the child.

- To be in a now moment is something that can be expressed with words or with the body, and it gives the child a feeling of: “I know that you know that I know …” or: “I feel that you feel that I feel …”



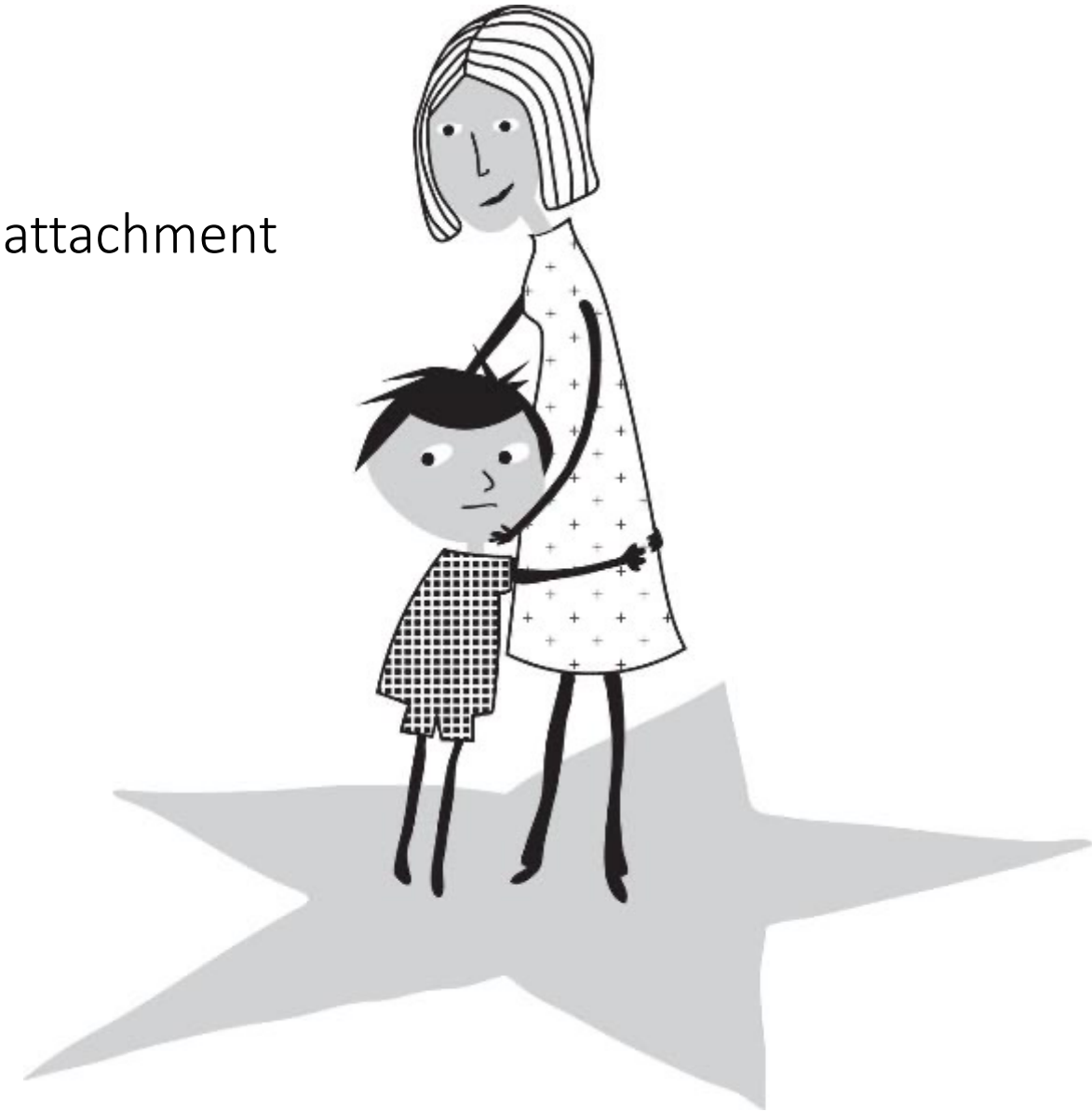
Now moments establish secure attachment



Secure attachment



Insecure avoidant clinging attachment



Insecure avoidant dismissive attachment



Ambivalent attachment



Disorganized attachment

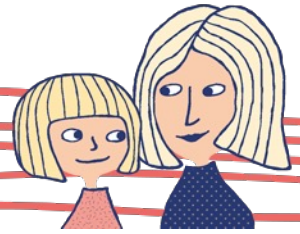


Are you aware of attachment patterns ?

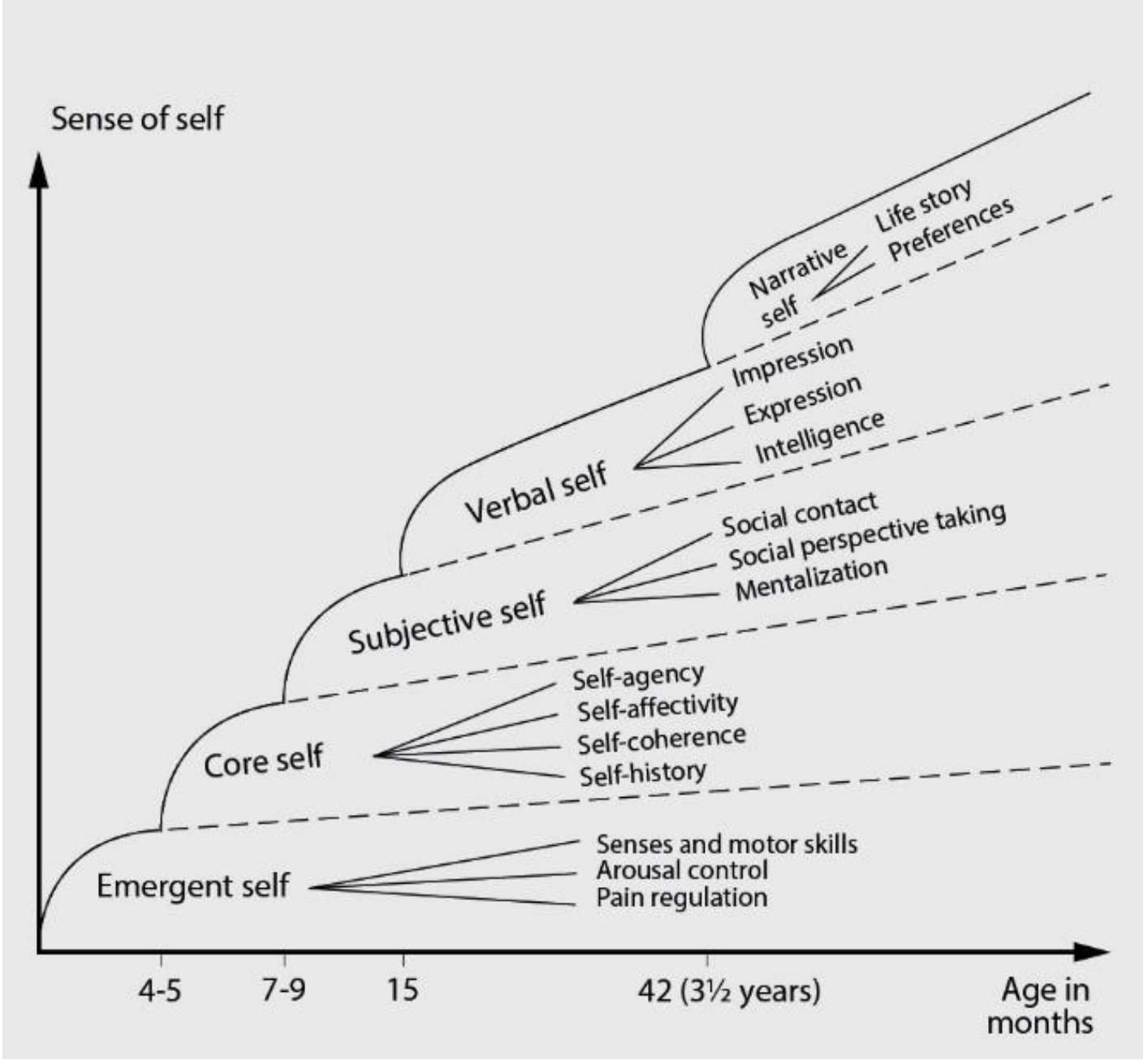
Do you work with children with different attachment patterns ?

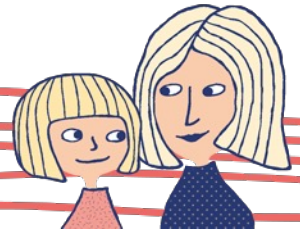
Could awareness of attachment patterns be helpful in your work ?





Overview of Stern's domains of relatedness





The sense of an emergent self

- Motor skills
- Sensory experiences
- Arousal control



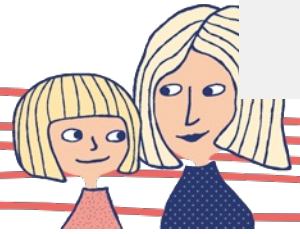
The emergent self (arousal regulation)

The educational staff supports the child …

- by offering age appropriate activities that alternate between high and low intensity.
- by going from activities like chasing soap bubbles, dancing energetically and playing tag games to activities like listening to calm music or a story being read aloud, drawing, doing a puzzle – and the other way around.
- by offering age appropriate activities that alternate between low and high arousal.
- by alternating between slow/calm and more fast/intense passages when reading a story aloud, by building up to high arousal, for instance around a meal or by offering the child a sweet treat and then afterwards helping the child come back to low arousal.

The parents support the child …

- by engaging in age appropriate interactions with the child in the everyday life, alternating between high and low intensity, e.g. helping the child settle and falling asleep after singing a lullaby or reading a nighttime story, helping the child calm down at a meal after playing at high intensity, helping the child calm down in the car when going back home from a swimming lesson.
- by allowing the child to wake up slowly in the morning and start dressing, eating breakfast and playing; by helping the child start playing after a quiet moment with hugging and cuddling; by allowing the child to run an jump freely after carrying it on the arm.
- by using tone of voice and body language to gradually build up high arousal in the child, e.g. playing a game like: “Here’s a little mouse … and it has to find a place to live … Can it live here? No … What about there? No … But it can live right there!” And afterwards using the tone of voice and body language to help the child come back to low arousal.
- by using tone of voice and body language to gradually build up high arousal in the child, for instance when looking at an animal or a train or sliding down a playground slide, and afterwards helping the child calm down and get back into a state of low arousal.



FOCUS AREA

Sence of an emergent self • 2

The Ability to Control Oneself from High to Low Arousal

Generally speaking, you train this by using activities in which you switch between movement and contemplation.

The School Supports the Child

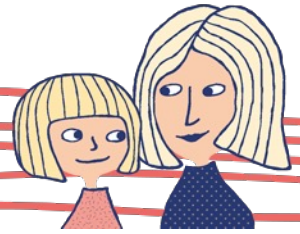
The school supports the child by using singing games followed by practicing the writing direction of the letters or math games in which you switch between movements, i.e., the child rolls a dice and runs to get the assignments one to six on different tables. Afterwards, the child sits down and does the math with pen and paper before it is time to roll the dice again.

The Parents Support the Child

The parents support the child by romping around with the child followed by concentration games, e.g., a board game, or racing the child up the stairs and afterwards doing a puzzle. Nature also offers a lot of possibilities. If you have access to horses, you can ride at a full gallop followed by currying the horse during which the arousal becomes low. If you are going fishing, you can race the child on the bike to the lake after which you have to calm down in order to put the bait on the hook and start fishing.

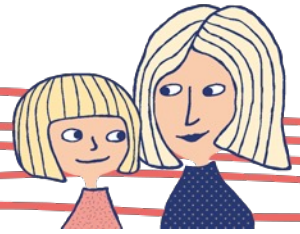
- The sense of a core self
- Self-agency





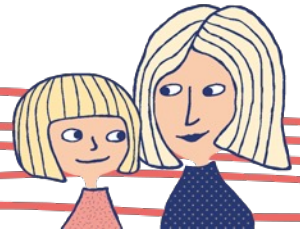
- The sense of a core self
- Self-affectivity





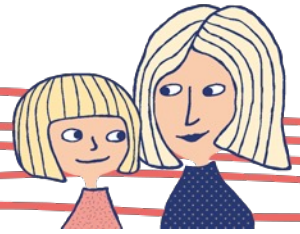
- The sense of a core self
- Self-coherence





- The sense of a core self
- Self-history

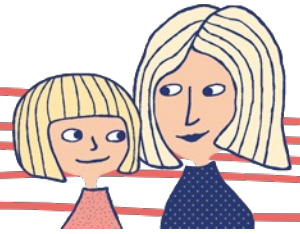




The sense of a subjective self

- Attachment
- Mentalization
- 1+1 is more than 2

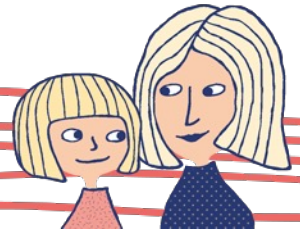




- The sense of a verbal self

- The spoken language
- The language of thoughts
- Intellect

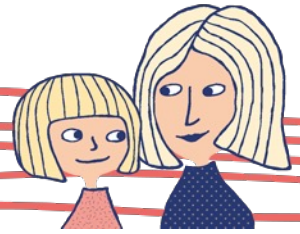




The sense of a narrative self

- Life story
- Preferences



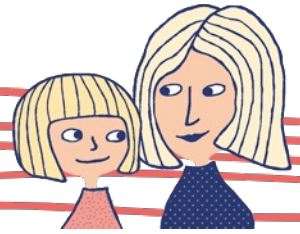


Low staff-to-child ratios (number of children per employee)




HVEM
PASSER VORES BØRN?


RIKKE YDE TORDRUP



Stress and insecurity in the family



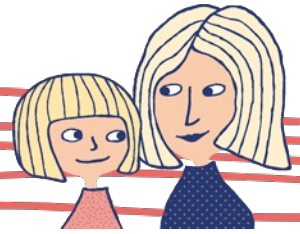
Social media and screen time



Curling – New Nordic – Tiger







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psykologisk konsultation









