Attachments, Types of Attachments, Parenting Styles & Reactive Attachment Disorder (RAD)

Building attachment is a process. Common themes related to attachment are: how to form attachments, types of attachment, parenting styles, & reactive attachment disorder (RAD). Much of the material addresses all four of these topics, which are interconnected. Healthy attachments are more likely to occur when parents do not have unresolved attachment problems. Being secure with yourself and your partner allows you and your child to express yourselves freely. If you have unresolved attachment problems, please seek help.

Likewise, there is a strong correlation between parenting style and attachment. The type of parenting style you grew up with and your current parenting style, directly impacts a parent's ability to attach to their child. The four main types of parenting styles are: authoritarian, authoritative, permissive, and uninvolved/neglectful. As a parent, it is crucial for you to do a self-reflection on what kind of parenting style you grew up with, what is your parenting style, and how both are impacting your relationship with your child. Other topics that can overlap with attachment concerns are: Post Adoption Depression (PAD) & Discipline (select topics to learn more). If you have major concerns, please contact your AAPA caseworker directly. This resource guide on attachment is not an all-inclusive list, but rather a resource to help you access the information you need.

BOOKS:

- The Connected Child: Bring Hope and Healing to your Adoptive family- by Karyn B. Purvis
- Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive -by Daniel Siegel
- I Love You Rituals-by Becky A. Bailey
- Attaching in Adoption: Practical Tools for Today's Parents -by Deborah D. Gray (for parenting infant, toddler, and young children)
- Building the Bonds of Attachment: Awakening the Love in Traumatized Children -by Daniel Hughes
- Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, and Energetic -Mary Kurcinka
- Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children, Families and Adults -Michael Orlans, Terry Levy, and Sumiko Hennessy
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ORGANIZATIONS/ONLINE RESOURCES

- Attachment Parenting International (Home Page)
  - Developing Emotional Attachment in Adopted Children
- Attachment & Trauma Network, Inc. (Home Page)
  - What is Healthy Attachment?
  - What are Attachment Disorders?
  - Treatment
- Creating a Family- online courses, podcasts, videos & much more (Home Page)
  - Practical Tips for Disciplining While Maintaining Attachment
  - The Connected Child: Bring Hope and Healing
  - When Parents Fail to Attach to Their Adopted Child
  - When Parents Struggle to Attach to Their Adopted Child

    - Parenting a Child that has Been Sexually Abused
    - Not the Life I Expected- Parenting A Child with Attachment Disorder
- Adoption Learning Partners-courses, webinars, downloads and much more (Home Page)
    - The Journey of Attachment

ARTICLES

- Bonding After Adoption based on Developmental Stages
- Creating Secure attachments in Adopted children
- RAD and Adoption (Parents.com)
- Types of Parenting Styles & How to Identify Yours: Vanderbilt University
- What is My Parenting Style? (Parenting Magazine)
- Too-Permissive Parenting-WebMD
- Why Parenting Styles Matter When Raising Children