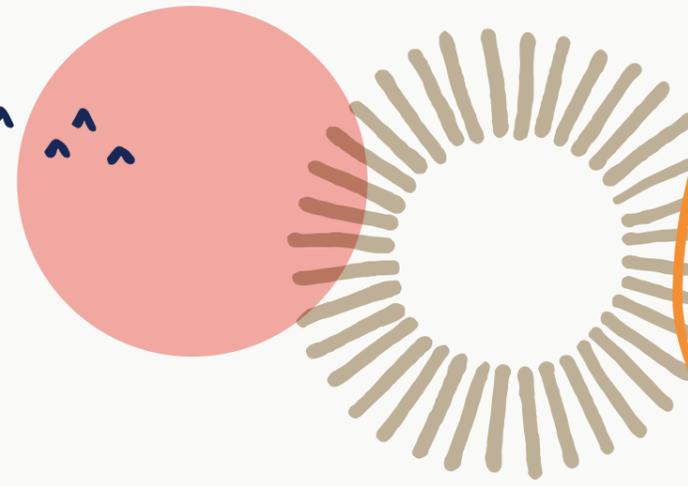


# 10 ways to support attachment through curriculum planning and play



## TOP TIP!

When building attachment with children, it's all about the relationships. Showing genuine interest, warmth and connection is key!

**1** Set up a space for each child (e.g., locker, basket) where they can keep things that are important to them

**2** Display objects that hold importance or familiarity for each child (e.g., photos, books)

**3** Play games that mirror each other's actions (e.g., back-and-forth ball games, 'Simon says', or call-and-response play such as drumming)

**4** Play games that require shared attention (e.g., one person blowing a bubble and the other catching the bubbles or trying to catch them on a bubble wand)

**5** Sing songs and nursery rhymes that use touch (e.g., 'Round and round the garden' and 'This little piggy went to market')

**6** Play games that mimic the 'going out to explore and then coming back' attachment cycle (e.g., 'Hide and seek' and 'What's the time Mr Wolf')

**7** Set up activities that allow children to determine proximity and touch (e.g., painting each other's faces (you can do this with water and paintbrushes if paints are not appropriate))

**8** Play games that mirror actions between a caregiver and child or between children (e.g., clapping games for older children)

**9** Create comforting spaces where children can 'just be' (e.g., cushions, couches)

**10** Play games that use touch as a form of care (e.g., using a doctor's kit with pretend bandages to wrap each other carefully)

**REMEMBER**  
Touch, even in games, can be triggering for some children. It's important to pay attention to the way the child responds. With some children, it can be the best to wait for them to initiate physical touch or play themselves.

This poster draws ideas from 'Trauma, attachment and supporting connection in the early years' by Bryony Catlin, published in *Embrace* magazine. Read the full article to learn more: [viac.com.au/sites/default/files/2024-02/VIA-Embrace-Magazine-Edition-14-Summer-2024.pdf](https://viac.com.au/sites/default/files/2024-02/VIA-Embrace-Magazine-Edition-14-Summer-2024.pdf)



One For All



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