



Foundations for Attachment Group

The Foundations for Attachments Group is based on training developed by Kim Golding (2017). It is a six-session programme specifically aimed at kin carers and special guardians.

The aims of the group are:

- To **provide support** to carers who can feel very isolated caring for children with attachment difficulties.
- To **increase understanding** of their children and their behavioural and emotional needs through an increasing understanding of attachment theory and its application to the parenting of these children.
- To **increase trust in relationships** leading to increased attachment security.
- To **increase skill and confidence** of carers.
- To **promote attachment relationships** between carers and their children.

We have also used the Foundations for Attachments materials to develop a group for social workers and support workers. This aims to support our Local Authority colleagues working with looked after and adopted children and children on Special Guardianship Orders. The group aims to increase understanding, improve trust in relationships, increase skills and confidence of social and support workers and promote their understanding of the importance of attachment relationships for the children and families with whom they are working.

