

## TUESDAY 5<sup>TH</sup> MAY 2020 SESSION 21 STAYING CONNECTED AND CURIOUS DURING THE COVID-19 PANDEMIC

### Knowledge and understanding of attachment and trauma

#### The Longest Journey: From Attachment-Aware to Attachment-Friendly

Please read the attached article *The Longest Journey: From Attachment-Aware to Attachment-Friendly* (Nock, J (2025), Education Magazine). The article can also be accessed here: [https://issuu.com/review-magazines/docs/ed65\\_for\\_web](https://issuu.com/review-magazines/docs/ed65_for_web)

#### Questions for reflection

1. 'Despite schools seemingly becoming more aware of attachment difficulties, many of them have yet to embark on the journey from being attachment-aware to attachment-friendly.' Where would you say your school currently is on the attachment and trauma-unaware to attachment and trauma-committed continuum?
2. 'The article identifies three areas where schools need to change:
  - a) '*... honouring and facilitating the development of a safe, consistent, relationship with a key adult*'. Do practices in your school take this into consideration, or do leaders worry about children getting 'too attached' to adults in school? Are key people for children with trauma backgrounds appropriately trained and supported?
  - b) '*... abandoning the 'age-appropriate' mantra, that does not take individual, emotional development into account*'. What systems, resources and practices are you using in school to ensure that all adults understand child development?
  - c) '*... developing positive approaches to behaviour shaping, that do not include shame, humiliation or harsh outcomes*'. Closely related to a) and b) above, does your school use a developmentally sensitive framework, e.g. FAGUS, Boxall Profile, SDQ, to understand and respond to behaviour?
3. **Covid-19 relevance** Attachment- and Trauma-Sensitive practice is going to be essential in every educational setting in the country (world), going forward. Take a look at The Attachment and Trauma Sensitive Schools Award Bronze and Silver criteria, attached (also available at <http://www.attachmentandtraumasensitiveschoolsaward.com/initial-documentation.html>). Use the grid to carry out a self-audit over the next few days/weeks in preparation for return. Do you need to make any changes?

Try this left and right breathing relaxation exercise as part of your self-care today: <https://www.youtube.com/watch?v=MHwiqovPrXY&feature=youtu.be>

Have a good day, keep safe and healthy and ring or email me to chat if that would help. **Jenny x**