

Identifying Your Adult Attachment Style To Better Love Your Foster/Adoptive Child

An important step to loving a foster/adoptive child well is to acknowledge your own adult attachment style. Below are 4 different types of attachment styles with examples of how each one may be expressed:

SECURE



- ability to regulate emotions
- effective communication skills
- connects with others easily

Anxious-Avoidant



- uncomfortable expressing emotions
- keeps relationships at a distance
- strong sense of independence

Anxious-Ambivalent



- can seem clingy in relationships
- needs other's approval
- feels unworthy of love

DISORGANIZED



- contradictory behaviors
- signs of both ambivalent and avoidant behavior
- fear of rejection

Once you have established what your own attachment style is, take some time to reflect on what in your upbringing may have caused that attachment style, and how you can help your foster/adoptive child to feel secure.

ACTION STEPS TO SHOWING LOVE

- Look for the need behind the behavior
- Ask the child questions about their reactions



- Write down all the good moments of growth. Remembering times of playing together, learning, and joy-filled moments can help in tougher breakdowns



- Identify the child's preciousness! Try to remember why God called you change the lives of these children



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