

Insecure Attachment Patterns

in School-Aged Children

How attachment influences emotional responses, school engagement, and behavior.



Why Attachment Patterns Matter



- Shapes how children respond to stress



- Influences ability to focus and participate in learning



- Impacts emotional regulation plus social behavior

Three Common Insecure Patterns



Avoidant

- Appears independent
- Suppresses emotions
- Hesitant to seek help



Anxious

- Clingy or approval-seeking
- Highly sensitive to feedback
- Worries about performance



Disorganized

- Confusing or unpredictable behaviors
- Difficulty calming after stress
- May appear fearful or reactive

How These Behaviors Show Up in School



Emotional Responses

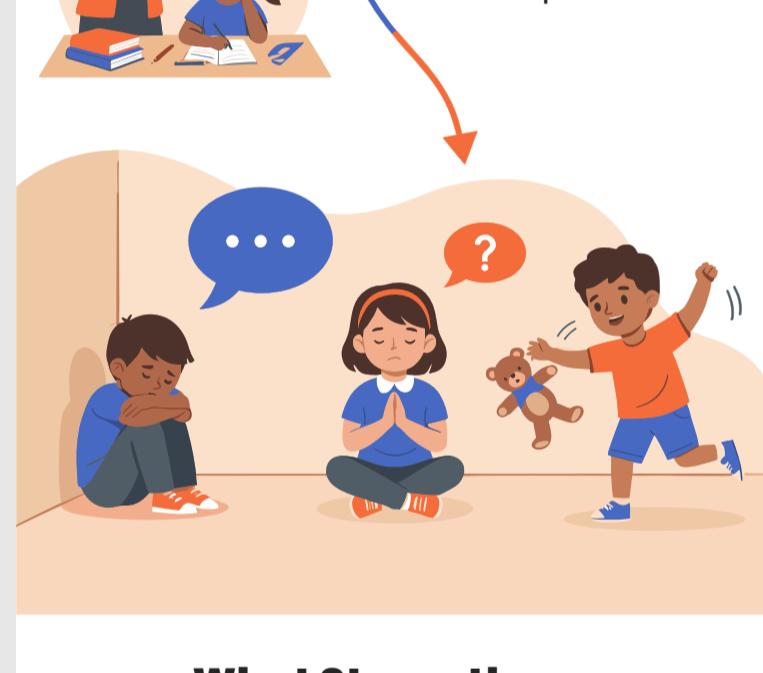
- Quick frustration, shutdowns, or outbursts

Learning & Engagement

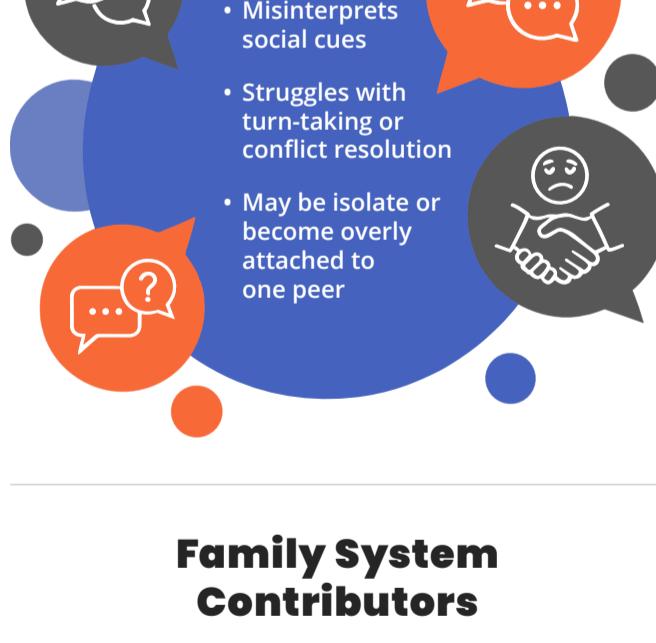
- Avoids challenges or becomes overly dependent

Behavioral Patterns

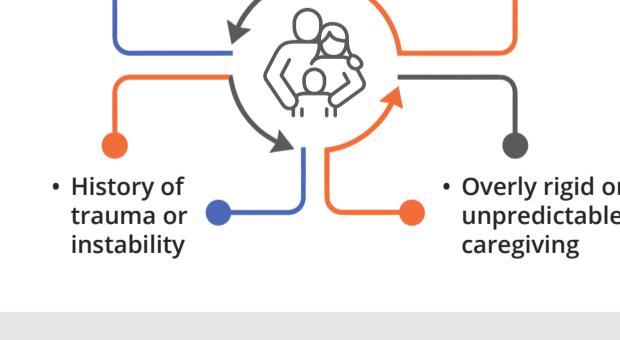
- Withdrawn, overly compliant, or disruptive



Impact on Peer Relationships



Family System Contributors



What Strengthens Secure Patterns



Consistency & Predictability

- Clear routines and reliable responses



Attuned Communication

- Listening, validating feelings, modeling calm



Emotion Coaching in Daily Moments

- Naming emotions, guiding self-soothing



Attachment-Informed Counseling Supports

- Therapy focused on secure relational patterns
- Coaching for parents in attuned communication
- Helps families rebuild trust and stability