

# What is 'Attachment Theory' and Why Do Educators Need to Know It?

Using a New Lens to Understand Challenging Classroom Behavior

## It's All About Connection and the Power of Relationships

**USING A NEW LENS** workshop is designed to support educators who are committed to changing their school culture to one that sees positive, respectful relationships as the foundation for children's success in learning and in life.

The underlying principle of this workshop comes from the field of attachment theory, which places the quality of relationships between children and their parents, caregivers and teachers as central to the development of healthy brains and security needed to thrive.

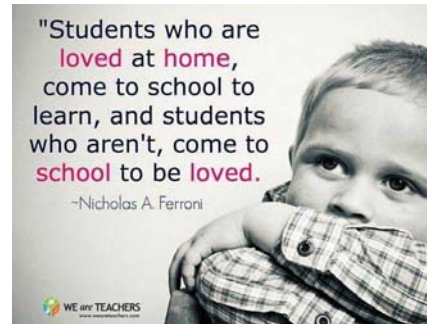
Participants will:

- build knowledge of the basic tenets of attachment theory and its relevance for a child's approach to learning and relationships in the classroom;
- build capacity for responding to children's needs in a way that supports their growth as learners and in relationship capabilities;
- use the attachment lens to consider classroom strategies geared to support children struggling with self-regulation.

### Workshop Facilitator:

**Barbara Stern, MS, MBA, 6<sup>th</sup> Year in Ed.**

**Leadership** is lead consultant for United Way of Greater New Haven's Secure Start initiative, an executive coach for LEAD CT, and in her career in education has been a teacher, staff developer, consultant and elementary school principal. **New Lens** has been presented to early childhood, elementary, secondary, special education and administrative audiences. Please contact Barbara for more info: [babstern@gmail.com](mailto:babstern@gmail.com)



Full day or 2 part day workshops:

**Part One:** Overview of attachment theory, the neuroscience that supports it, and an empathic shift towards an understanding of the inner life of children in distress.

**Part Two:** Development of relationship-based strategies to support struggling children and their teachers.

Comments from participants:

- This helped me make the shift from "This child is giving me a hard time" to "This child is having a hard time."
- I learned that warm, positive relationships actually build brains!
- I now see the difference between seeking attention and seeking connection.
- A child being treated differently can teach others compassion.
- The workshop helped me reflect as a teacher both professionally and personally.