

# 10 Myths about Attachment that JUST WON'T GO AWAY



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The relationship between adults and children is the most significant shaping factor in a child's development, and impacts whether they reach their full potential as separate, social, and adaptive beings.

## FALSE

### A CHILD CAN BE TOO ATTACHED

A child can't be too attached, just not deeply enough or securely, where they can't take their relationship with adults for granted.

### CHILDREN NEED STRONG ATTACHMENTS WITH FRIENDS

Friends are wonderful to play and grow with but are not necessary for good development and shouldn't come at the expense of strong adult connections. Parents matter more.

### YOU CAN SPOIL A CHILD WITH LOVE

Love isn't a reward but a birthrite. Children flourish when they can rest in adult generosity and don't have to work to be loved.

### DONT HOLD OR CUDDLE A CHILD TOO MUCH

Children grow best when they feel cared for and can count on their adults. Touch releases oxytocin, a 'feel good' chemical, that fosters bonding and strong connections.

### ONLY MOTHERS CAN DO ATTACHMENT

You don't have to be a mother to have a strong attachment - fathers, grandparents, aunts, teachers, and other adults matter too.

## FALSE

### YOU CAN ONLY GIVE WHAT YOU GOT

Even if your attachment with your parents wasn't ideal, you still have the instincts and emotions to attach to your child. The capacity to connect is innate and not learned.

### A CHILD ONLY ATTACHES TO ONE PERSON

Children can have multiple attachments with caring adults but it is important that these adults don't compete with each other.

### QUANTITY of TIME TOGETHER COUNTS MOST

While it is true we need to spend time with our children, this doesn't mean they feel connected to you. What matters is your invitation to be close in the time you do have.

### LOVING YOUR CHILD IS ENOUGH

Attachment is a two way street and while we need to love our kids, what matters more is whether they love and trust us.

### SEPARATION at BIRTH CAN CREATE a POOR ATTACHMENT

Attachment is not set at birth, it is a relationship that unfolds as a parent assumes responsibility for caring for a child over time.

**ATTACHMENT DOESN'T SLOW DOWN GROWTH - IT FUELS IT**