Rupture and Repair: Emotions, Attunement, and Attachment

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A child’s emotional development is largely shaped by the quality of emotional attunement between parent and child, starting from birth. When parents respond to their child’s emotional cues with patience and understanding, the child feels safe and connected, fostering security and confidence; however, repeated mis-attunements, where a parent fails to respect the child’s emotional needs, can lead to attachment trauma and long-term emotional difficulties.

Source: Attachment and Trauma Network

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