

# Attachment Styles:

## What does the parenting look like?

Secure Parenting	Avoidant Parenting	Anxious-Ambivalent Parenting
<ul style="list-style-type: none"> <li>• Sensitive responsive</li> <li>• Contingent responding</li> <li>• Appropriate tender, careful bodily contact</li> <li>• Appropriate emotional expressiveness</li> <li>• Adept at holding and interacting with infant</li> <li>• Appropriately reads infant affective cues and adjusts behavior, cooperative</li> <li>• Accepting of the infant</li> <li>• Flexibility when parenting</li> <li>• Contingent responding to crying</li> </ul>	<ul style="list-style-type: none"> <li>• Ignoring, delaying or rejecting infant signals</li> <li>• Noncontingent responding</li> <li>• Rejecting of very close proximity and bodily contact</li> <li>• Inappropriate emotional expressiveness</li> <li>• Minimizes interacting with infant and holding infant</li> <li>• Does not read or react to affective cues of infant, leading to interfering and interrupting the infant</li> <li>• Angry and rejecting of the infant, at times</li> <li>• Rigidity when dealing with infant</li> </ul>	<ul style="list-style-type: none"> <li>• Insensitive to infant signals</li> <li>• Inconsistent responding</li> <li>• Close bodily contact at inappropriate times</li> <li>• Inconsistent emotional expressiveness</li> <li>• Inept handling of the infant, often not tender or careful</li> <li>• Inconsistent responding to infant signals (e.g. crying)</li> <li>• Alternates between accepting and rejecting behavior towards infant</li> <li>• Inconsistent and unpredictable during interactions with infant</li> <li>• Often unresponsive to crying or delayed responsiveness to crying</li> </ul>