

## Attachment

**Please fill in the box next to the best answer. (Fill in only one box per question)**

1. All of the following are generally true about children who are securely attached, **EXCEPT**: (Choose one)

They rarely or never had needs or stressors as a child.  
They generally had their needs met when they were young.  
They learned how to relax and feel safe.  
They had a consistent caregiver who they could depend on.

2. In caring for children with disrupted attachment, all of the following are important for foster and adoptive caregivers to do, **EXCEPT**: (Choose one)

Be consistent.  
Be attuned to their child.  
Be predictable.  
Expose them to new people and adventures when they first come to your home.

3. The JAR exercise is a helpful way to remember what parenting practices? (Choose one)

Joining, Acceptance, Resolution  
Justice, Amends-making, Restitution  
Joining, Amends-making, Re-dos  
Justice, Authority, Re-dos

4. All of the following are true about styles of attachment, **EXCEPT**: (Choose one)

Attachment is formed early in life and creates beliefs that guide later relationships.  
Attachment styles are not fixed patterns for life. They can be impacted and changed by experiences and new relationships.  
Attachment styles are thought of as distinct categories; however, many people have combinations of attachment styles.  
Attachment is formed early in life and becomes a fixed pattern that cannot be changed.

5. If foster or adoptive parents do not know their child's style of attachment, they should: (Choose one)

Assume the child has a disorganized attachment style and set up appointments with specialists for treatment.

Focus on having the child explain their past caregiver experiences in extensive detail to find out what their style of attachment is.

Focus on parenting so the child feels seen, safe, soothed, and secure.

Keep the child from normal, everyday activities until the child's style of attachment is determined.