



## Indiana Association for Infant & Toddler Mental Health

**Attachment disorders**, including Reactive Attachment Disorder, are extremely rare, affecting less than one percent of the population. More common are attachment disturbances, milder disruptions in the parent-child relationship. A recent study estimates that such mild attachment problems occur in 8% of families. Fortunately, there are science-based therapies to help infants and young children develop positive relationships. **First Steps mental health professionals can help families build strong parent-child relationships!**

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Important facts about attachment problems and disorders:

- \* Having RAD does not mean that a child will always have severe behavior problems.
- \* Holding therapies are dangerous and are not recommended for treating relationship problems.
- \* A child can have a positive relationship with one parent and a troubled relationship with the other.
- \* A child who witnesses domestic violence could have PTSD but still have a secure attachment to his parents.
- \* The best way to reduce attachment problems for children in foster care is to limit the number of placements the child experiences.
- \* See [circleofsecurity.org](http://circleofsecurity.org) for one research-based method of helping children with attachment problems.

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**First Steps mental health professionals can help families when  
relationships need support.**