CLÍNICA VIVALDI · FREE SHEET · TRAUMA AND STRESS

Reactive attachment disorder

It appears in children who have suffered neglect or lack of stable care: they hardly seek comfort from adults and show little emotional response.

COMMON SIGNS

- Doesn't seek comfort when they need it
- Little expression of positive emotions
- Irritability or sadness for no apparent reason

TIPS FOR YOU

1. Needs stable, predictable caregivers
2. Specialist intervention with the family
3. Be patient: trust is built little by little

FOR FAMILY AND FRIENDS

1. Give them routines and stable caregivers
2. Always respond to their needs, even if they don't ask

WHEN TO ASK FOR HELP

1. Ask for a specialist assessment as soon as possible
2. If abuse is suspected, inform child protection services

CHECKLIST OF WARNING SIGNS

☐ Hardly ever seeks comfort when sad or scared

☐ Barely responds when comforted

☐ Shows few positive emotions

☐ Has episodes of irritability or sadness for no reason

☐ Has experienced neglect, abandonment or changes of caregiver

☐ Seems indifferent towards adults

☐ Finds it hard to show affection

☐ The symptoms started before age five

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-apego-reactivo
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com