

DELHI PUBLIC SCHOOL, MATHURA ROAD

Counselling Department- PRIMARY WING

Newsletter –SEPTEMBER 2026 Edition

Dear Parents,

Every child needs to feel one simple message deep inside:

“I am loved. I am safe. I matter. Someone will be there for me.”

This sense of safety and trust is called **secure attachment**. It develops through everyday moments between parents and children—not through being a perfect parent.

☐ **What Is Secure Attachment?**

Secure attachment develops when children experience their parents as **loving, responsive, and dependable**.

A securely attached child gradually learns:

- “My parents will listen to me.”
- “My feelings are important.”
- “I can ask for help when I need it.”
- “Even when my parents say no, they still love me.”
- “I can explore the world because I have a safe place to return to.”

☐ **What Can Parents Do?**

1. Respond to your child's emotions.

When your child is upset, try to understand the feeling before correcting the behavior.

You can say: **“I can see that you are really upset. I am here with you.”**

2. Give your child your full attention.

Even a few minutes of uninterrupted connection—putting the phone away, making eye contact, listening, and playing together—can make a meaningful difference.

3. Be consistent and predictable.

Children feel safer when they know what to expect. Clear routines, calm boundaries, and consistent responses help build trust.

4. Accept feelings, while setting limits.

It is okay for your child to feel angry, sad, or frustrated. Accepting the feeling does not mean accepting every behavior.

Try: **“It is okay to be angry. It is not okay to hit.”**

5. Repair after difficult moments.

Parents sometimes lose patience, raise their voices, or make mistakes. What matters is repairing the connection afterward.

You can say: **“I was angry and I shouted. I am sorry. Let's try again.”**

☐ **Remember**

You do **not** have to be a perfect parent to build secure attachments.

Your child needs a parent who is **present, responsive, loving, and willing to reconnect after difficult moments.**

Every hug, comforting word, shared laugh, bedtime story, listening ear, and moment of repair tells your child:

“You are safe with me. You are loved. I am here for you.”

☐ **A Small Challenge for Parents**

This week, try spending **10 minutes each day** with your child doing something they choose.

- Put aside distractions.
- Listen.
- Follow their lead.
- Notice their feelings.
- Enjoy being together.

Small moments of connection today can help build a strong foundation for your child's emotional well-being tomorrow.

Warm Regards,

Counselling Department

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“Service Before Self”