

Parent Attachment Diary

Date: _____

Parent Code: _____

Age of Child: _____

Child Code: _____

Directions: for each question, try to answer as honestly as possible. There are no “right” or “wrong” answers. Please remember that neither your name nor your child’s name should be anywhere on this form. This form will be identified by a code number and will only be seen by research staff. This diary works best when filled out each night. If, for some reason, you are not able to fill it out one night, you may fill it out first thing in the morning. Please do not fill it out any later.

I filled this diary out: at the end of the day
 first thing the next morning

For questions 1-3 try to think of a SPECIFIC INCIDENT THAT OCCURRED TODAY. Do not use the same incident for more than one question.

1. Think of one time today when your child got physically hurt and answer the following: (this includes anything like falling down, scraping a knee, bumping into something, etc.)

Describe this situation in 2-3 sentences (and be sure to include how you responded to your child): _____

A. What did your child do to let you know he/she was hurt? NUMBER YOUR CHILD'S REACTIONS, IN ORDER. ONLY PUT A NUMBER IF THE BEHAVIOR OCCURED.

- ___ looked at me for assurance
- ___ went off by him/herself
- ___ acted as if nothing was wrong
- ___ acted angry/frustrated (ex. Stomped feet, kicked legs)
- ___ called for me
- ___ looked at me briefly then looked away and went on
- ___ came to me
- ___ signaled to be picked up or held, reached for me
- ___ cried
- ___ did not indicate he/she wanted or needed me
- ___ cried and remained where he/she was, did not signal for me
- ___ moved closer to me (but actual contact did not occur)
- ___ other(s) _____

B. After you responded to your child, what did your child do next? NUMBER YOUR CHILD'S REACTIONS, IN ORDER. ONLY PUT A NUMBER IF THE BEHAVIOR OCCURED.

- ___ was soon calmed or soothed
- ___ pushed me away angrily or in frustration
- ___ continued to play, did not notice me
- ___ stomped and/or kicked feet
- ___ hit or kicked at me
- ___ remained upset, was difficult to soothe
- ___ turned from me angrily or in frustration
- ___ did not indicate he/she needed my help
- ___ ignored me
- ___ became quiet and then fussy again
- ___ turned away when picked up or made contact
- ___ sunk into me or held on to me until calmed down
- ___ did not easily let me hold him/her but remained upset (ex. arched back, put arm in between us
- ___ held on to me or went after me if I tried to put him/her down or go away
- ___ turned, walked, or crawled away from me as if nothing was wrong
- ___ other(s) _____

2. Think of one time today when your child was frightened or afraid of something. (this should not include dropping child off, leaving child, or any other separations)

Describe this situation in 2-3 sentences (and be sure to include how you responded to your child): _____

A. What did your child do to let you know he/she was hurt? NUMBER YOUR CHILD'S REACTIONS, IN ORDER. ONLY PUT A NUMBER IF THE BEHAVIOR OCCURED.

- ___ looked at me for assurance
- ___ went off by him/herself
- ___ acted as if nothing was wrong
- ___ acted angry/frustrated (ex. Stomped feet, kicked legs)
- ___ called for me
- ___ looked at me briefly then looked away and went on
- ___ came to me
- ___ signaled to be picked up or held, reached for me
- ___ cried
- ___ did not indicate he/she wanted or needed me
- ___ cried and remained where he/she was, did not signal for me
- ___ moved closer to me (but actual contact did not occur)
- ___ other(s) _____

B. After you responded to your child, what did your child do next? NUMBER YOUR CHILD'S REACTIONS, IN ORDER. ONLY PUT A NUMBER IF THE BEHAVIOR OCCURED.

- ___ was soon calmed or soothed
- ___ pushed me away angrily or in frustration
- ___ continued to play, did not notice me
- ___ stomped and/or kicked feet
- ___ hit or kicked at me
- ___ remained upset, was difficult to soothe
- ___ turned from me angrily or in frustration
- ___ did not indicate he/she needed my help
- ___ ignored me
- ___ became quiet and then fussy again
- ___ turned away when picked up or made contact
- ___ sunk into me or held on to me until calmed down
- ___ did not easily let me hold him/her but remained upset (ex. arched back, put arm in between us
- ___ held on to me or went after me if I tried to put him/her down or go away
- ___ turned, walked, or crawled away from me as if nothing was wrong
- ___ other(s) _____

3. **Think of a time today when you and your child were separated—preferably where your child became upset or distressed. (This can include leaving to go out, going to another room, dropping the child off, etc. This does not include putting the child to bed.)**

Describe this situation in 2-3 sentences (and be sure to include how you responded to your child): _____

A. How did your child respond to the separation? NUMBER YOUR CHILD'S REACTIONS, IN ORDER. ONLY PUT A NUMBER IF THE BEHAVIOR OCCURED.

- ___ cried, screamed, or yelled
- ___ acted as if nothing happened
- ___ called after me
- ___ wanted to be picked up or held
- ___ hit, kicked, or pushed me
- ___ went off by him/herself
- ___ came after me
- ___ held on to me, wouldn't let go
- ___ was happy to keep doing what he/she was doing
- ___ acted angry or frustrated (ex. Stomped feet, kicked legs)
- ___ was upset but did not indicate that he/she wanted or needed anyone
- ___ whimpered or cried briefly and kept going, did not look at me
- ___ other(s) _____

**B. What was your child's immediate reaction when he/she saw you again?
NUMBER YOUR CHILD'S REACTIONS, IN ORDER. ONLY PUT A NUMBER IF
THE BEHAVIOR OCCURED.**

- ___ greeted me (ex: smiled, said my name, said hello)
- ___ stomped and/or kicked feet
- ___ signaled to be held and/or picked up
- ___ hit, kicked me
- ___ cried and remained where he/she was
- ___ cried, screamed
- ___ came to me
- ___ brought me a toy or other object
- ___ turned away as I picked up or made contact
- ___ if upset, was easily soothed and calmed by me
- ___ sunk into me or held on to me until calmed down
- ___ did not easily let me hold him/her but remained upset (ex. Arched back, put arm in between us)
- ___ whimpered quietly to him/herself (may have looked at me briefly)
- ___ wanted to be held, fussed and wanted to get down, then wanted to be picked right back up again
- ___ continued doing what he/she was doing before (didn't notice me)
- ___ looked at me briefly then looked away, did not smile or greet me
- ___ started to approach me then turned and wondered somewhere else
- ___ if upset, was NOT easily soothed and/or calmed by me
- ___ other(s) _____

4. Did your child have a visit with a member of his/her biological family today?

- Yes
- No

Who? _____

Was this person the child's primary caretaker?

- Yes
- No