

SHINE Webinar 3

“Attachment difficulties : stress at home; stress at school” Professor Helen Minnis

The Q&A session after the webinar was extremely informative with wide-ranging questions from how to transition pupils back to school post COVID to managing pupils with specific learning needs and difficulties in various settings. In response to the request for further reading on the topic, Professor Minnis kindly conferred with colleagues from [Scottish Attachment in Action](#) to produce the following recommendations:

- [The David Woodier blogs](#) (particularly [The broken toilet and the importance of attunement](#), [Building support for young people who are in crisis](#) , [The Gentle Challenge](#) and [Emotionally protecting children allows them to express who they really are](#))
- Bomber L M. *Inside I’m Hurting, Practical Strategies for Supporting Children with Attachment Difficulties in Schools*. London: Worth Publishing; 2007.
- Geddes H. *Attachment in the Classroom: The Links Between Children’s Early Experience, Emotional Well-Being and Performance in School*. London: Worth Publishing; 2006.
- Goswami, U. *Child Psychology: a Very Short Introduction*. Oxford: Oxford University Press; 2014.
- Van der Kolk B A. *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*. New York: Penguin; 2014.