

To learn more about parental attachment:

- How Your Attachment Style Impacts Your Adopted/Foster Kids - <https://creatingafamily.org/adoption-category/adoption-blog/how-your-attachment-style-impacts-your-adopted-foster-kids/> - a blog by CreatingaFamily.org, April 14, 2021
- Adult Attachment Theory and Research: A Brief Overview - <http://labs.psychology.illinois.edu/~rcfraley/attachment.htm> - by R. Chris Fraley, at University of Illinois at Urbana- Champaign, 2018
- How Your Attachment Style Affects Your Parenting - <https://www.psychologytoday.com/us/blog/compassion-matters/201510/how-your-attachment-style-affects-your-parenting> - by Dr. Lisa Firestone, Psychology Today, October 19, 2015
- Psych2Go's YouTube Channel - <https://www.youtube.com/user/Psych2GoTv> - has several videos on attachment styles
- The Attachment Project - <https://www.attachmentproject.com/> - has many resources for understanding attachment styles
- Relationship Attachment Style Quizzes: (**Please note that these are not intended for diagnostic purposes and are not a substitute for the Adult-Attachment Inventory (AAI). If after taking one of these quizzes you believe that your attachment style is interfering with your ability to parent your child, seek counseling with a therapist trained in using the AAI.)
 - University of Illinois - <http://www.web-research-design.net/cgi-bin/crq/crq.pl> - Two surveys (10 minute and 4 minute). No charge but email request & a promise of no spam.
 - Attachment Style Quiz - <https://dianepooleheller.com/attachment-test/> - Have to give email but easy to unsubscribe.
 - Attachment Project - <https://quiz.attachmentproject.com/> - a 5-minute quiz. Summary free. Full report if you provide your email.

Provided by Creating a Family, the national adoption and foster care education and support nonprofit.