

*Is not a deficit or a disorder*

# SHYNESS

*It's an attachment instinct*



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#restplaygrow

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## What role does shyness play in a child's development?



Preserves the child's relationship with their caretaker



Ensures they follow people they are attached to



Creates space for caretaking relationships to go deep



Creates room for the child to develop their own mind

**A natural transformation:** Healthy development leads a child to emerge

- \* set goals and work towards them
- \* form interests
- \* try new things
- \* speak out
- \* become independent
- \* handle adversity
- \* become socially adept



Shyness can appear as early as 6 months of age. The more a child grows as a separate self, the more they will grow out of their shyness shell.

**What to do?**



**Matchmake**



Introduce them to the people who will take care of them and focus on how they are similar

**Bridge Separation**



Give the child something that represents your love to hang onto when separating

**True Play**



Provide time for true play so that a child can express themselves and develop self agency

There is nothing wrong with shyness in a child. There is something wrong with thinking they should be comfortable being with people they don't have a relationship with.