What Behind the Parent’s Meta Emotion and Parental Attachment in their Children

Abstract::
The present study aimed to explore the role of meta emotion of parental (mothers) in the relations between the parents - the child, and show the role meta emotion of parents (mothers) to form a pattern of the secure / unsecure attachment at their children. In another words, I tried this study to answer the following question: Is what meta- emotion of parental reactions parent - child leads to the formation of the pattern attached to his father (the secure / insecure attachment) and thus psychological adjustment disorder or psychological adjustment of the child, or that parenting attachment is mainly in the psychological development and compatibility in different growth stages independence from parental meta emotion of. prepared by the researcher applying the list parental meta emotion of mothers (prepared by the researcher) and the measure of attachment parenting for children (researcher) on the sample of the study, which amounted to 112 children (average age 12.4 years) and their mothers (average age 42.3 years), and after treatment scores statistically , The results of this study to the existence of a relationship between what is behind the emotion of parental mothers (awareness Mother emotion private, and awareness of the mother emotionally a child, and the management of the parent strain of the child)
and the pattern of parenting attachment secure child last, that whenever the mother meta emotion and his father the more probability of attachment safe with her baby, and the lower the mother's parental meta emotion greater the likelihood attachment is safe (anxious and avoid) with her child, and thus constitutes a parental meta emotion integral part and important life emotionally, the greater the awareness of mothers emotion increased and play time to the emotions of their children and to those emotions with their children, and thus happens understanding and awareness and regulation of emotions in children arises parental attachment Safe mother has children the lack of mothers meta parental emotion produces attached to a non-secure (anxious and Avoid) also explained the results of the study researcher proposed a number of ideas research to be studied in the future.

Keywords: parental Meta emotion - parental attachment - the emotional life of children,