

Forming Attachment With Your Child



Attachment Helps Children To:

- Get their needs met - *nutrition, health, learning, play, and protection from harm*
- Regulate their emotions
- Explore their environment
- Feel protected from threat or discomfort
- Develop future relationships

Ways To Build Attachment Your Child:

- Be aware and responsive to your baby's needs
- Notice cues as to when your baby is hungry, tired, feeling unwell, or in need of affection - <https://www.youtube.com/watch?v=KAPY2UEu5MY>
- Read with your child - <https://strongstart.ca/wp-content/uploads/parent-resources/read-aloud.pdf>
- Skin to skin contact - *When your baby is skin to skin they can see you, hear you and smell you*
- Smile, talk, sing and read to your child
- Interact and engage with your child when they play and make eating together a family practice
- Establish routines for the day and week - *meal times, nap times, play times*
- Allow them to comfort themselves by sucking their thumb or holding a blanket
- Keep them safe as they start to explore - https://caringforkids.cps.ca/handouts/pregnancy-and-babies/playtime_with_your_baby
- Encourage developmental milestones such as sitting, standing, holding onto furniture

Articles:



Best Start – This is an excellent resource for parents and caregivers from Best Start. So much information on the Role of the Parent, the Attachment Figure and the Father, as well as walking you through what a baby and/or child can do and what you as a caregiver can do up until they are three years when it comes to attachment.

https://www.beststart.org/resources/hlthy_chld_dev/pdf/parent_attachment_eng.pdf



Canadian Paediatric Society – The Canadian Paediatric Society recognizes the significance of a baby’s first attachment and suggests some ways on how to respond to your baby as well as answering parent’s most common questions about attachment.

<https://caringforkids.cps.ca/handouts/pregnancy-and-babies/attachment>



Parenting Now – Great tips and examples on how to connect with your child from the Parenting Now website that is managed by KW Counselling.

<https://parentingnow.ca/whats-new/7-ways-to-connect-with-your-child/>



Parenting Now – In this article from KW Counselling we read how Connection is the “how” of Attachment. To connect we need to manage our own emotions and tune in to what we think is going on with our kids.

<https://parentingnow.ca/articles/connection-matters/>

Videos:



Best Start – A secure attachment for children allows them to know someone is there to help when needed. From Best Start Healthy Baby Healthy Brain this video touches on how parents and caregivers may recognize what their baby might need to feel secure.

https://www.healthybabyhealthybrain.ca/?page_id=606



BC Foster Parents Association – From the BC Foster Parents Association a short video on Secure Attachment. It speaks to a child’s need to feel the four S’s – Safe, Seen, Soothed and Secure. Also how a primary caregiver should be reliable and responsive to the child’s needs in order for attachment to form.

<https://www.youtube.com/watch?v=6dwXJA4tMio>



About Kids Health – A short video giving you simple tips to comfort your baby which in turn develops attachment.

<https://www.youtube.com/watch?v=zybJIB0-Pp8>



Best Start – As a parent you are the most important connection to the world child has in their first few years. This video tells us to read your baby’s cues, respond, touch, play and sing with your child to help develop their brain and form attachment.

https://www.healthybabyhealthybrain.ca/?page_id=551