

BABY BYTES

For families with infants and young children

Attachment

Infants can form attachments with different people such as parents, grandparents, etc. Infants usually develop a stronger attachment with at least one person. This person is usually the baby's main caregiver and is usually the person the baby sees the most. Secure attachment has been associated with better outcomes in areas such as independence, self-image, empathy and relationships with others in toddlerhood, school-age, and adolescence.



DID YOU KNOW???

- Infants learn in the first three months that there is a world of things and other people.
- Babies discover between the second and seventh month that there is one special person that is always there when needed.
- Between the fourth and twelfth month babies learn that this special person can be communicated with through looks, touch and play.
- By one year babies can move about, get hold of things, and communicate emotions through facial expressions, gestures, sounds and sometimes even a word or two.
- Secure attachment is associated with the baby's brain development which can influence a child's learning, thinking, feeling and behaviour throughout life.
- Secure attachment results in a sense of safety or belonging of worth and a promise of a future.

IN ORDER TO DEVELOP A TRUSTING RELATIONSHIP

- It is important to pay attention to your baby when she is sick, hurt, or when she is upset, sad, or frightened.
- Find out about how infants develop so you can understand more about what is appropriate for their age.
- It is important to provide care such as food, clothing, and bathing in predictable ways.
- Talk to your baby in affectionate ways and then wait so that he will have a chance to respond and coo.
- Babies enjoy it when you talk to them and sing songs.
- Staying calm at difficult times will help your baby stay calm.
- Create healthy rituals and routines with your baby such as play activities to promote eye contact, touch and turn taking interactions and repeat these games frequently.



Babies are unique individuals with their own personality and identity. Parent-child attachment primarily develops during the first year of a child's life but it continues to develop throughout their life. Parents and caregivers are key in helping babies to develop secure attachments. Basic security helps babies to develop good relationships with others in their life and also helps baby to develop the self-confidence to become competent and independent.

Source: My Child and I, Attachment for Life - Best Start 2009
I Love You Rituals - Becky Bailey-2000