

Building Strong Bonds

Supporting Attachment from Birth Through Early Childhood

What is Attachment?

Attachment is the emotional connection that forms between a child and their primary caregivers. Bonding and attachment happen when you consistently and warmly respond to your baby's needs for safety, attention and stimulation. It helps children to feel safe, loved and ready to explore the world. Secure attachment lays the foundation for emotional and social development as children grow.

Why is it Important?

- Promotes brain development and emotional regulation.
- Helps children build healthy relationships.
- Encourages confidence and curiosity.
- Supports lifelong mental and emotional well-being.



Learn about the power of play.



Tips for Creating Positive Attachment



INFANTS (0–12 Months)

Respond promptly to cries.

Comfort builds trust and teaches that their needs matter.

Hold and cuddle often.

Physical closeness helps babies feel secure.

Make eye contact and smile.

These early interactions promote bonding and brain development.

Talk, sing, and use a soothing voice.

Your baby loves hearing your voice.

Establish predictable routines.

Consistency creates a sense of safety.



TODDLERS (1–3 Years)

Follow their lead in play.

Join in their world and show interest.

Validate their feelings.

Help them name and understand emotions.

Offer choices when possible.

Encourages independence while maintaining connection.

Stay calm during tantrums.

Your soothing presence teaches emotional regulation.

Create rituals and routines.

Simple traditions (like bedtime stories) strengthen your bond.



PRESCHOOLERS (3–5 Years)

Encourage open conversation.

Let them talk and really listen.

Show affection and praise efforts.

Celebrate their attempts, not just successes.

Provide clear, loving boundaries.

Safe limits show that you care.

Support their growing independence.

Be there as a safe base to return to.

Play together.

Time together deepens your connection.

Share activities and stories.

Time together deepens your connection.

You Don't Have to Be Perfect

It's okay to have tough moments. What matters most is being present, consistent and self-loving over time. Small, everyday connections build a secure foundation for your child's future.



Take Care of Yourself

Your well-being matters too. Rest, support and self-care help you stay connected and strong for your child.

