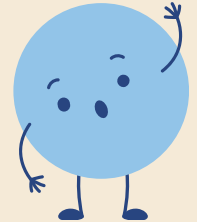


Attachment

Here's what we know about attachment:

- Infants and children need to develop strong attachments to the people that care for them.
- Your baby needs to feel safe, loved and protected, especially when they are feeling sick, upset, hurt or scared.
- Children with secure attachments feel that they can trust their parents and caregivers. This will help them explore and learn about the world around them.
- Some stress is a part of everyday life. Too much stress can affect a child's health and development. You can help protect your child by responding in a caring and supportive way.
- A secure attachment with you can help your child build healthy relationships in the future. It also means your child will be more likely to grow and develop in a positive way.



Trusting Relationships & Connection

Be your child's secure base and safe haven (Circle of Security). Support your child to explore when they're ready, join them in play, and be available for comfort and reassurance when they need you – this builds trust, confidence, and emotional security. Your baby is exploring toys on the floor, they look toward you for reassurance, and when they fuss or crawl back, you respond with a smile and a hug – helping them feel safe to explore again.

Create predictable daily routines. Regular times for meals, sleep, play, and outdoor time help children feel safe and secure by knowing what to expect. For example, following a consistent bedtime routine like bath, story, and lights out.

Infants develop strong emotional attachments to primary caregivers through serve and return interactions. "Serve and return" interactions are the back-and-forth exchanges between a child and a caregiver that build attachment and support brain development. For example, your baby is exploring toys on the floor. They look toward you for reassurance, and when they fuss or crawl back, you respond with a smile and a hug—helping them feel safe to explore again.



Play Play helps build attachment by showing children that their caregiver is a safe, reliable base for exploration and learning.

Support your child's play and exploration. Pay attention and comment on what they're doing to show you're interested and available. For example, talk to your baby about what they're exploring on the floor.

Support System Get connected to people, programs, and services that can help.

Connect with informal supports such as family, friends, neighbours, and other parents or caregivers in the community.



A bilingual Eastern Ontario service that connects children, youth, and families to the right mental health and related supports, when they need them.

613-260-2360 or 1-877-377-7775

Website: 1Call1Click.ca



Scan for support