

# Attachment

## **Attachment is:**

the emotional connection between babies, children and people who care for them  
showing love and responding to children

Families and communities all over the world show attachment in different ways. We can all learn from each other.

Attachment is important because:

it helps children become loving, trusting, and secure  
it helps children grow and develop

## **What are some things that we can do?**

### **Babies:**

Touch, kiss, cuddle and hold your baby often every day.  
Hold your baby close during feedings.  
Look into your baby's eyes and smile.  
Massage your baby with warm hands and some oil.  
When your baby cries, pick the baby up. This helps the baby to learn that you are loving and are there when needed.  
Sing to your baby. Your baby needs to hear your voice often.  
Talk to your baby in a gentle voice. The baby will not understand your words, but will like the sound of your voice.  
Carry your baby with you in a sling while you do other things. Babies need this physical closeness.

### **Young Children:**

Read a story to your child. Hold your child on your lap. Young children like books with words that rhyme and with pictures with bright colours.  
Play games. Laugh a lot together.  
Enjoy quiet times. Rock and sing softly to your child.  
Hug and kiss your child. Young children need to feel loved and secure.  
Teach your child new words by repeating them. Encourage your child to copy your words.  
Sing songs. Play your favourite music and dance with your child.  
Pay attention to your child. Listen when your child talks to you.

## **What do you do in your family to build love, trust, and security?**

