Tips for a Secure Attachment

- Relationships are built over time. Attachment TAKES time.
- Help your child with Grief and Loss.
- Stay close to home and don't go back to work if possible.
- Even after a year at home don't over-program with outside activities.
- Decor at home should be calm.
- Feed on demand. Bottle-feed as long as you can. Always have food available.
- Sleep close and come right away when they need you. Never let them cry themselves to sleep. Rock and soothe before bed
- Play WITH them, have fun. Set a playtime everyday.
- Touch them often, carry them if they ask.
- Talk to them as you would a baby.
- Enter their space positively and at their level. Bend down have good eye contact. Talk gently.
- Time IN not Time OUTS (Discipline).
- Attend to your own needs so you can be emotionally available for them
- Make use of social support. Use family, friends and support groups to help you.
- Explore YOUR OWN childhood attachments.

Reading List

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