

# Developing Attachment

Children feel secure when their caregivers support them with consistent loving care.



## TENDER LOVING CARE

Infants have a biological need for love and begin to form emotional bonds with their caregivers at birth. The lasting bond between a child and their caregiver is attachment.



### TRY THIS!

Respond to infant's bids for attention. When your child giggles or smiles, engage them with playfulness and laughter. When your child cries, comfort them with a calming presence, reassuring touch, and closeness.



## SECURITY BLANKET

By the end of their first year, babies form attachments to their primary caregivers. Children treat caregivers as a secure base, giving them confidence to explore their environment.



### TRY THIS!

Children love to explore and rely on caregivers to feel secure in new environments. As your child gains independence, be available for physical and visual check-ins. Smile and encourage them, saying, "It's ok! I'm right here!"



## STAND BY ME

Children's relationship quality is affected by their environment. Stress can lead a child to feel insecure, but sensitive adults can make a child feel loved and safe.



### TRY THIS!

All families experience stress. During these times, comfort and reassure your child. If they observe conflict between caregivers, work toward resolution and compromise. These steps will help your child feel safe and secure.

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