

# Promoting Attachment Between Parent and Child

Healthy attachment between parents/caregivers and their children is important for all children, but especially important for children who have been exposed to violence and trauma. Making an effort to bond with your child is one of the most important ways you can help them recover and thrive.

## **Attachment plays a critical role in:**

- Providing foundation for social, emotional, cognitive & even physical development
- Language development
- Brain development
- Forming parenting and relationship patterns
- Curiosity, exploration, fire for learning
- Establishing self-esteem & concept of self in world; world view

## **What you can do to promote attachment with your child:**

- Spend loving, quality time with the children you care for, as often as you can. Ideas:
- Floor time (parent and child play on floor together)
- Remembering positive experiences
- Lots of eye contact
- Validating feelings
- Reading books
- Talking about feelings
- Meal time together
- Community activities
- Doing homework together
- Hiking, biking, sports
- Family game night
- Holding, cooing, mimicking (babies)
- Painting nails
- Narrating baby's actions
- Arts and crafts projects
- Bedtime routine
- Imagination play

