

Developing Attachment

What is attachment?

The close bond between a baby and their caregivers. This bond builds throughout the early years of your child's life. It grows stronger each time you show your baby love, attention and consistency.

A healthy attachment is key to promoting the lifelong health of your baby. It teaches your baby that they are safe and loved. As they grow, it helps them develop self-regulation and emotional and mental health, build strong relationships and have the confidence to explore the world around them.

Each time you respond to your baby's needs in a warm and consistent way, you're building attachment. For example, if you cuddle and soothe your baby each time they cry, you're showing them that they can depend on you for comfort. And doing so will help your child to soothe themselves as they grow.

Speak to your health care provider if you're having trouble developing attachment with your baby. And learn more about how to promote your baby's health through warm and consistent responses in [Brain Development](#).



DID YOU KNOW?

Skin-to-skin contact is an excellent way to build your emotional bond with your baby. It soothes and comforts them and can even make breastfeeding or chestfeeding easier.



HOW TO Build a healthy attachment with your baby

- Listen, watch and try to understand how they communicate their needs.
- Respond to their needs in a **loving** way.
- Respond to their needs as **quickly** as you can.
- Respond to their needs in a **consistent** way.
- Cuddle, smile and talk to your baby often.



DID YOU KNOW?

While babies are usually most closely attached to parents, they can also have healthy attachments to other adults, including grandparents and daycare providers. If your baby bonds with others, this doesn't mean that they'll have a weaker bond with you.