

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 she is safe and loved. As she grows, it helps her develop good emotional and mental health, build strong relationships, and have the confidence to explore the world around her.

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 her each time she cries, you're showing her that she can depend on you for comfort.

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 her, and can even make breastfeeding easier.



HOW TO Build a healthy attachment with your baby

- Listen, watch and try to understand how she communicates her needs.
- Respond to her needs in a **loving** way.
- Respond to her needs as **quickly** as you can.
- Respond to her 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 she'll have a weaker bond with you.