

Bonding with your child can help create opportunities for learning



Bonding and attachment occur when, as a parent, you are able to understand and interpret your child's signals; in turn, your child is then receptive to your response. This is an ongoing partnership between you and your child that develops over time through interaction. There is no such thing as the "perfect parent," so don't be discouraged if you're not sure how to answer your child's needs *all* the time. Each child is unique; what works for one may not work for another. The key is to pay close attention to your child's cues; this will help you learn how to respond best to his or her needs. In developing a strong bond between you and your children, you are helping to increase their level of trust and their capacity to build healthy relationships. When children are comfortable and confident within their environment they have a greater willingness to learn.

Here are some everyday suggestions on how you can support this bond between you and your child.

- Watch facial expressions and reactions to the environment around your child. This will tell you if she finds what is happening around her enjoyable.
- Pay attention to the sounds your baby makes, she is trying to tell you something.
- Make sure your child is receiving enough rest. Lack of rest can really impact her willingness to engage in activities. Consistency and schedules are important – but remember that when your child is growing, her needs may change.
- Remember that your body language and tone of voice provide ways of communicating with your child. Lots of smiles and laughter are great ways to let your child know he or she is loved!
- You don't need props to entertain your child. A simple game of peek-a-boo or singing a song creates an opportunity for some special time together.

- If your baby is being carried, alternate her position. This will provide a change of scenery and give you many things for your little one to see and hear.
- Make time for massage. Massage lets your child know you are present and attentive to her needs. Fostering that close one on one time helps create connections in the brain, and provides a relaxing atmosphere for both you and your child.
- Talk, talk, talk! Find opportunities to talk to your children about the world around them. You are creating a chance for learning. Listen to what they have to say – let them know that how they feel matters.
- Children love the sound of your voice – sing songs! Music makes us feel good – sing and dance around the room to all types of music.
- Be a positive role model. You are modeling how you want your children to act, talk and interact. By setting appropriate limits, you are letting them know that they are in a safe, loving and caring environment.

For further information visit our web site at www.parentresource.on.ca or call our Warm Line at 613-565-2467 x 222

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