



Attachment Tips for Caregivers Handout

- Understand that attachment is the deep lasting bond that your child develops towards his caregivers.
- Remember that secure attachment relationships are crucial to the healthy development of your child.
- Learn to recognize and respond to your infant's cues (like smiles, cries and cooing).
- Take part in activities that stimulate your child's senses such as playing with bubbles, water, or play dough.
- Recognize and celebrate your child's developmental progress.
- Lie with your newborn skin-to-skin so baby can hear your heartbeat.
- Provide your child with lots of physical comfort that includes safe, appropriate, cuddles, hugs, and skin-to-skin contact.
- Provide a rich and responsive language environment for your child.
- Allow your child to safely explore his environment and provide a secure base that your child can return to if he feels distressed (frightened, hurt or tired).