



# Go-To for Attachment- the Heart of Parenting (0-5 years)

## Attachment

The deep emotional bond a child forms with their parent.

Built through consistent and loving interaction from birth, through the early years and beyond.



## Why Attachment Matters

- Builds safety & security
- Supports brain growth & development
- Shapes future relationships- with friends, teachers, key figures in a child's life
- Provides resilience for dealing with emotional stress

## Small Moments Matter!

Every interaction is a chance to strengthen your child's sense of safety and trust.

It's NOT about perfect parenting. It's about being responsive, present and loving.

Bonding happens in everyday moments- your voice, your smile, your touch.

Play, laugh and enjoy. These little things are the big things!

**Infants 0-12 months**  
Peekaboo! Playing simple games & making babies giggle can strengthen bonds.

Sing silly songs- your voice is their favourite sound.  
Dance together, hold your baby and sway to music.

Mirror faces- copy their expression and watch them copy you.

Bath time fun! Make care moments playful.



### Toddlers 12-24 months

Play chase and catch! Safe games build connection.

Pretend play, be the dinosaur or tea party guest.

Read with sound effects! Funny voices make stories magical.

Play hide and seek, even with toys under blankets. It builds permanence and trust.

Being a helper! Let them stir, sprinkle & enjoy tasks together.

### Preschoolers 3-5

Engage in imaginative play led by your child- easy games and jigsaws, taking turns & naming feelings, builds emotional language.

Reassurance rituals; a goodbye wave, a secret handshake.

self-care is really important.  
A calm parent supports a calm child.



## useful websites

NSPCC - How to bond with Your baby  
PHA- Infant Mental Health Framework  
Lifestart Foundation  
Parent Infant Foundation

## Recommended books

The Attachment Parenting Book - William & Martha Sears  
Attachment Focused Parenting - Daniel Hughes  
Hold on to your kids - Gordon Neufeld & Gabor Mate  
Why Love Matters- Sue Gerhardt

READ MORE



We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm



# Go-To for Attachment-the Heart of Parenting (5-10yrs)



At this age, children are becoming more independent, but they still need love, support, and regular attention from trusted adults to feel safe, confident, and to learn how to handle their feelings



'To feel attached is to feel safe and secure'

Jeremy Holmes  
(John Bowlby - Attachment Theory)



As new relationships form with friends, teachers, and other adults, you are still your child's main source of comfort and safety

Tells you about their day or problems at school

May push for independence but still looks for reassurance

Secure attachment at this age can look like ..

Comes to you when upset

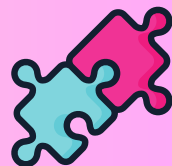
Tests limits, but responds to clear consistent boundaries

Shows affection and enjoys time with you

## Ways to strengthen attachment

Make time each day to connect with your child.  
Ask about their day and really listen.

Use hugs, kind words or time together to show love during tough moments  
Encourage independence while being your child's 'safe base'  
"You can try it on your own, I'll be right here if you need help"  
Being predictable helps your child to feel safe  
Consistency builds trust and helps your child to feel secure



Playing cards and board games



Problem solving games e.g. jigsaws or treasure hunts

Have Fun Together

Talk together

Visit the library together

Listen to music together



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