

INFANT DEVELOPMENT PROGRAM



IDP Playgroup Circle Time

We miss seeing all our families at Playgroup and want to invite you to join our YouTube Channel for songs that you are all familiar with! Click on the link below and sing with us!

[https://youtu.be/
ZkgfiAL8KvA](https://youtu.be/ZkgfiAL8KvA)

Responsive Care: Nurturing A Strong Attachment Through Everyday Moments

If you're like most parents you have an image of the kind of person you want your child to grow up to be - successful, smart, kind, thoughtful, a good friend.

Parents play a large role in making this happen.

Research shows that the key is responsive care: the process of watching and tuning into your child's cues and thinking about what his behaviour might mean and responding in a sensitive way.

[https://www.zerotothree.org/
resources/230-responsive-care-
nurturing-a-strong-attachment-
through-everyday-moments](https://www.zerotothree.org/resources/230-responsive-care-nurturing-a-strong-attachment-through-everyday-moments)

IDP Newsletter

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We hope everyone is doing well and enjoying time spent with the family during these challenging days. This week's newsletter is on Attachment Parenting. Since we're all staying at home, it's a great opportunity to secure these bonds with children of all ages!

Attachment Parenting

What do you think of when you hear the word attachment?

"Attachment is the emotional bond between you and your baby" When your child feels trusting and secure he/she is more likely to become independent.



Things you can do:

- Consistently respond to your babies needs: be dependable and predictable
- Respond to your child's needs. Comfort your child when he/she is upset, frightened, sick or hurt. Cuddle your baby and give lots of hugs. Speak and sing softly.
- Talk to him/her and watch how he/she responds
- Pay close attention to your baby. Notice what he/she is trying to tell you. Notice what he/she likes and does not like. Follow his/her lead. Smile back when baby smiles. Talk to baby when he/she makes little sounds.