

Building a Secure Attachment

With Your Child

What is attachment?

The emotional bond between a child and their primary caregiver (often a parent).



What is a SECURE attachment?

When a child feels safe and loved, and knows their caregiver can be relied on to meet their needs.



Why is this important?

Secure attachments help children build resilience, self-worth, emotion regulation skills and healthy relationships



How to build secure attachments

- Respond to your child's needs (sleep, food, comfort) and attempts to communicate
- Show your baby love and warmth by smiling, cuddling, talking and playing with them



- Tune in to your child's experiences and interests
- Help your child explore their surroundings while staying close for safety and support
- Respond to their emotions, empathise, and help them calm down if they are upset



Supports & Resources

- [The Circle of Security](#)
- [Ngala](#)
- [Raising Children Network](#)
- [Pregnancy to Parenthood](#)