

# ACS Family Advocacy Program

## Bonding with Baby

April is Child Abuse Prevention Awareness month. Building a bond with your baby is important for secure attachments over the long term. Attachment is crucial to a baby's growth and development. There are some great ways that you can bond with your baby and ensure you have a secure attachment:

- Give your baby lots of love and care. Affection stimulates your baby's growth and you cannot spoil an infant.
- Respond when your baby cries. They benefit emotionally when you respond to their needs. It is okay if they cry for a few minutes if you need a break to attend to your own needs but try not to let that be the normal.
- Hold and touch your baby as much as possible.
- Use feeding, bathing, and diapering times to look into your baby's eyes, smile, and talk with your baby.
- Read, sign and play peek- a-boo with your baby. Try to get your baby to imitate some of the sounds you are making.
- As your baby gets older play simple games and toys with your baby.

The best thing you can do to encourage bonding and secure attachment with your baby is to give them more of you. Make sure you also take time for self-care though as you cannot give from an empty cup. If you are interested in secure attachments, watch this Fall for the Family Advocacy Program course on secure attachments for parents with children 0 to 12 "Circle of Security."

Please do not hesitate to reach out to the Family Advocacy Program at on our Belgium hotline at +32 (0)472 90 1068 or at our Netherlands hotline at +31 (0)613 21 6737 or our website page <https://home.army.mil/benelux>.

<https://www.facebook.com/USAGBenelux>

<https://www.facebook.com/USAGBeneluxFamilyandMWR>