

## *It's all about trust:* **Attachment with your baby**

Secure attachment means your baby can trust you to love him and take good care of him. It happens when you meet his needs carefully and happily every single day. Scientists say that attachment is very important to your baby's brain development.

<i>When you do this</i>	<i>Your baby will</i>
Tell your baby he is wonderful	Feel important
Hug and hold your baby	Sense he is safe
Look into his eyes	Know he is loved
Feed your baby	Be satisfied
Play with him	Enjoy your company
Figure out what he needs	Depend on you
Laugh with your baby	Feel pleasure
Go to him quickly when he cries	Trust you
Talk sweetly to him	Want to "talk" back
Give him quiet time	Feel peaceful
Show your baby interesting things	Want to learn
Tell him "I love you!"	Love you back!

Don't expect attachment between you and your baby to happen overnight. It occurs mostly during the baby's first two years.

### *Remember:*

- ♥ You cannot spoil your baby during the first six months! He needs all your love, comfort, and understanding every day.
- ♥ When you are upset, your baby feels upset. Talk about your worries to someone you can trust.
- ♥ Babies who are securely attached to someone special their first year do better in school, work, and relationships for the rest of their lives.
- ♥ When you cannot be with your baby, leave him only with someone you trust who will respond to him with love.

