

Connect with your...

Infant and toddler - birth to 2 years old

From the moment of birth, children need to learn to trust that someone will be there when they need comfort. The building of this trusting relationship will help them to feel safe and secure. It will also encourage them to explore their environment and to learn from it.

Attachment is the deep and lasting connection that children form with their main caregiver, usually their parent. Healthy attachment occurs gradually over time through day to day interactions between parent and child. Attachment relationships influence development, learning, feelings and close relationships throughout life.



You may not always know exactly what your baby is trying to tell you; but with time, you will begin to understand your child's needs, personality and temperament.

- Loving, responsive care will help to establish a healthy connection with your child that you can continue to build on.
- Comforting your child relieves their stress and has a positive effect on early brain development.
- Secure emotional attachment is a key factor in raising a happy and confident child.

Connect with your child

Birth to two years old

Tell your child regularly how special they are and that you love them. Use positive discipline right from the start - **that means teaching and guiding, not punishing**. Praise their efforts and accomplishments. You may have your own special ways of connecting with your child but here are some things to try.

Infant

- Respond promptly and consistently to your baby's crying.
- Provide lots of skin to skin contact and face-to-face play.
- Hold your baby close during feeding so he/she feels safe.
- Try to understand what your baby is trying to communicate to you.
- Rock, hold and cuddle your baby.
- Remember, you can't spoil a baby.

Toddler

- Help your child deal with his/her emotions.
- Play together and allow opportunities for your child to lead the way.
- Let your child explore but be sure he/she is safe.
- Establish routines for meals, naps and bedtime to build security.
- **Give lots of hugs, kisses and comfort all the time, but especially when your child is upset, ill or hurt.**

As your child grows,
contact Durham Region
Health Department for
more information on
connecting with your child.



HEALTH
DEPARTMENT

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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/parenting

If you require this information in an accessible format, contact 1-800-841-2729.

