



System Offering Actions for Resilience In Early Childhood

BONDING



Creating a strong sense of attachment with your baby through bonding can help them to feel secure and confident in their cognitive and social development.

What is bonding?

Bonding is the attachment that is established between a newborn baby and their primary caregivers within the first few months of their life. It is the baby's first model of an intimate relationship and helps to foster feelings of security and positive self-esteem. A strong and positive attachment can help the child's social and cognitive development later on.

How do you bond with your child?

How do babies bond with you? Babies bond through skin-to-skin and eye-to-eye contact. They can follow moving objects they are interested in with their eyes, can try to imitate your facial expressions, and tend to prefer listening to their caregivers' voices.

In order to establish an attachment with your child, hold and touch your child frequently by either cradling, rocking, or stroking them. Breastfeeding and bottle-feeding are natural opportunities for bonding. You can also read or sing to your baby, give them a bath, mirror their movements, mimic their vocalizations, and use a front baby carrier during routine activities.

What if I'm not bonding with my child?

If you feel that you are not bonding with your child or creating a secure attachment with them by the time you take them to their first office visit with your child's doctor, mention these concerns. Sometimes, this feeling is a symptom of postpartum depression. Bonding can also be delayed if your baby has experienced significant, unexpected health complications. The sooner the problem is identified, the better. Health care providers can help you deal with these issues and be better prepared to form that bond with your child.