


Attachment = Attunement + Dependability

WHAT WE CAN DO?					RESOURCES
PRENATAL (Before Birth)	INFANTS (Birth to 17 months)	TODDLERS (18-29 months)	PRESCHOOLERS (30-48 months)	FOR ALL AGES	
<p>Talk, read and sing to your baby.</p> <p>Make physical contact with your baby. E.g., Rubbing your stomach in response to your baby's movement.</p>  <p>Learn your baby's patterns of activity.</p> <p>Attend classes that provide education about what to expect when your baby arrives.</p>	<p>Read, respond and understand unique cues your baby sends.</p> <p>Use lotion to massage infant's hands and feet, this will reduce tension and bring the brain into a less defensive state.</p> <p>Play Peek-A-Boo.</p> <p>Imitate their sounds.</p> <p>When your baby raises their arms, pick them up.</p> <p>Smile back at your baby and maintain eye contact.</p> <p>Encourage your baby's exploration of their environment.</p>	<p>Engage in active play with your child, as this will enhance physical closeness in a fun manner. E.g., piggy back rides</p> <p>Set time aside to interact playfully with your child.</p> <p>Read books, recite nursery rhymes.</p> <p>Expose your child to your own cultural practices. E.g., singing a song or nursery rhyme from your culture.</p> <p>Follow your child's lead in play.</p> <p>Encourage touch in a safe manner. E.g., massaging, hugging, hand-holding</p> <p>Help your child name their feelings.</p> <p>Listen to your child tell you how they feel.</p>	<p>Engage in imaginative play with your child. E.g., "I see that you're playing with that teddy bear. Could it be a magical teddy bear?"</p> <p>Play hide and seek.</p> <p>Make funny faces at each other.</p> <p>Read stories before bed.</p> <p>Create and stick to a routine, so your child knows what to expect every day and feels secure.</p> <p>Invite your child to do activities with you and provide them with opportunities to succeed.</p>	<p>Plan and take your child to an EarlyON Centre for other experiences.</p> <p>Demonstrate affection and encouragement.</p> <p>Comfort child when they experience moments of distress.</p> <p>You cannot spoil a child with affection.</p> <p>Meet your child's needs in a consistent and appropriate manner.</p> <p>Help your child understand their feelings.</p> <p>Encourage laughter and play.</p> <p>Encourage multi-generational relationships with your child. E.g., oral storytelling by elders.</p>	<p>BOOKS</p> <p>Look at family pictures and talk about them with your child. Tell them your family stories.</p> <p><i>I Love You Forever</i> by Robert Munch <i>I've Loved You Since Forever</i> by Hoda Kotb <i>No Matter What</i> by Debi Gliori</p> <p>SONGS</p> <p>I Love You with Barney Skinnamarink All Ways by Elliot Park Lava</p> <p>VIRTUAL</p> <p>Wherever You Are: My Love will Find You Sweet Dreams and More Nursery Rhymes and Lullabies Using Music with Infants and Toddlers Activities for Bonding (0 -12 Months)</p> <p>DID YOU KNOW?</p> <p>Interacting with your child will increase the "feel good" chemical oxytocin in their brain that promotes brain development.</p> <p>We thank the team of dedicated professionals in the Etobicoke Brighter Futures Coalition that developed these IEMH Play Statements</p> <p>All rights reserved by the EBFC</p>

When you are responsive and sensitive to what your baby "serves", you can form a "return" response that creates a loving and supportive environment that children can thrive in.