



Indiana Association for Infant & Toddler Mental Health

Attachment is a special relationship that develops between an infant and one or more adults who serve as the infant's caregivers. Positive or secure attachments develop when the adult provides consistent care that shows the baby he is safe and that his needs will be met. A secure attachment provides the foundation for a baby to develop many other important skills in other areas of development, including language and thinking abilities. **First Steps mental health professionals can help families build strong parent-child relationships!**



Important facts about the typical attachment process:

- * Babies are prepared to form attachments at birth.
- * Parents can help attachment develop by tending to the babies' physical needs, helping them calm when needed, and providing interesting things to look at and explore.
- * Parents don't have to be perfect for a secure attachment to develop.
- * It is not unusual for a baby to have more than one attachment to parents, grandparents, and child care providers.
- * Secure attachment in infancy is related to positive social skills later in life.
- * A secure attachment may lead to a positive sense of self and higher self-esteem.
- * Providers who support parents can help families have positive attachments.

First Steps mental health professionals can help families when relationships need support.

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