



Attachment Matters

Why does attachment matter?

Attachment affects a very young child's ability to cope with new or stressful situations. Research also suggests that early attachment affects how children behave later in life.

Some research suggests that attachment is also related to children's social skills and popularity.

Babies that do not develop a consistent attachment may (at age 5):

- *Have trouble adjusting to school*
- *Have trouble adapting to change, especially when they are stressed*
- *Respond to stress in a way that is not normal*

Children who do not develop a strong attachment as infants may have behavior problems when they reach school age. Research has found that these kids are at higher risk for aggression, delinquency and hyperactivity .

What can parents do to encourage attachment?

If you want to bond with your baby, try doing the following things:

- Respond to their cries. An infant cannot be "spoiled" by being comforted.

- Take time to smile at and talk to your baby.
- Hold and touch your baby as much as possible.
- As your baby gets older, spend time reading, playing and singing with them.