

BONDING & ATTACHMENT



Healthy Attachment

A sense of trust and connection that supports a baby's social and emotional development that forms when a mom is able to respond to a baby's cues in a dependable way.



What you need to know

Postpartum depression or anxiety does not mean you will not attach with your baby. It does mean you have to take breaks, rest, and support to form a healthy attachment with your baby.



Quality over Quantity

Being present all the time isn't realistic - if you are present enough to validate emotions, respond to emotional and physical needs, and understand cues that suggest distress and happiness, you are bonding with your baby.



Unconditional Love

Strong bonds are not those that occur when mistakes are not made, but are those that occur when mistakes are made and a mom is able to initiate "repair" in the relationship - teaching unconditional love and forgiveness.



Bonding with your baby

Spend at least one short, specific period of time each day looking into your baby's eyes, playing, and encouraging laughter

Take care of yourself so you can be as present and consistent with your baby as possible

Reach out for support when needed (remember quality, not quantity!)