

Strong emotional bonds help children develop properly and influence both how they act and how they feel.

Attachment Specifics

Having a strong emotional bond with your children is an important part of parenting.

The strength of the parental emotional bond can impact a child's self esteem, how they interact with others and how much self control they have.

Children who don't have this close emotional bond tend to be aggressive, are often unable to work well with their peers, and have a higher chance of developing Attention Deficit Hyperactivity Disorder (ADHD).

5 Ways to Increase Attachment

- Be affectionate with your child.
- Create opportunities for your child to talk to you about themselves. (i.e., make time, have routines, seize opportunities)
- Let your child know that his/her feelings, thoughts and concerns are important.
- Be sensitive to your child's emotions.
- Be a good listener.



To find out more about the Family, Infant and Preschool Program and parent-child bonding please contact:



Family, Infant and Preschool Program

**800-822-3477
828-433-2661**

Please visit us online at www.fipp.org

FIPP is a community-based program of the J. Iverson Riddle Developmental Center, Morganton, NC.



**Parent
Child
Bonding**



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Family, Infant and Preschool Program



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Attachment (Parent-Child Bonding)

Parent-Child Bonding is the degree to which a parent responds to his/her child's needs by showing support, sensitivity, and warmth. In other words, how emotionally available you are for your child.



Parent Child Bonding



Emotional Availability

Provide support! One way to provide support is in the form of physical and verbal affection. Another way is to provide assistance and reassurance that the child is competent and capable of success.

- Give expressions of warmth or positive emotional tone
- Be sensitive towards the child(ren)'s mental/psychological well-being
- Be responsive to the child(ren)'s needs

Children of Available Parents:

- Are more social and are better able to establish and maintain relationships outside the family
- Have a greater ability to self regulate, so they are better able to monitor their own behavior
- Exhibit more positive social behaviors
- Display higher self esteem
- Participate in more constructive play

Children of Unavailable Parents:

- Are more socially withdrawn and introverted
- Are more aggressive
- Are more likely to exhibit problems with attention



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