

LOVE IS NOT ENOUGH FOR ATTACHMENT

The attachment bond differs from the bond of love.

You can tend to your baby's every need, provide the most comfortable home, the highest quality nourishment with all the material goods they could wish for. You can hold, cuddle and adore your child without creating the kind of attachment that fosters the best development for them. You could be the most loving, caring, attentive parent and still not achieve a secure attachment.

They need more than love in order for their brains and nervous systems to develop in the best way possible. They need to engage in a nonverbal emotional exchange that communicates their needs and makes them feel understood, secure and balanced.

If they're emotionally disconnected from you they'll feel confused, misunderstood, and insecure, no matter how much they're loved. Their body will feel UNSAFE.

DIFFERENCE BETWEEN BONDING AND SECURE ATTACHMENT

BONDING

Task-oriented.
You attend to their needs.

You maintain your regular adult pace while attending to your baby.

SECURE ATTACHMENT

Focuses on what is happening in the moment between you and your baby.
Ex. Their nonverbal cues tell you they're feeling sad and you show understanding and respond by holding them.

You follow your baby's slower pace and take the time to decipher and respond to their nonverbal cues.

You as the parent initiate interaction with your baby.

Your baby initiates and ends the interaction between you. You pick up on your baby's nonverbal cues that they need to rest, so you postpone your plans.

You focus on future goals.

You stay "in the moment." You listen, talk, or play with your baby, giving them your full attention without distractions.

Both bonding and attachment can occur at the same time. While feeding, bathing, or caring for them, you can also be building the emotional connection by recognizing and responding to their nonverbal cues.