

Developing Healthy
Attachment:
The World of Infant Experience

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Helping infants and families through
better understanding

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The CENTRE for ATTACHMENT

Influences We Experience

- Family background
- Parental goals
- Daily schedules
- Cultural experiences
- Information from professional resources

Despite Different Influences... Infants have Common Needs

- Security of Attachment
- Continuous and sensitive care
 - During Feeding
 - With Touch
 - With our Attention
 - During Play

Theories Supporting Infants' Common Needs

- Attachment Theory
- Psychosocial Development
- Theories of Temperament
- Cognitive Development
- Emotional Regulation

Psychosocial Development

- Trust vs. Mistrust
 - Infant's goal is to be competent in trusting they can have needs met
- Autonomy vs. Doubt
 - Toddler's goal is to be competent in doing for him/herself ... in a protected environment

Infant's Temperament

- Considering synchrony from the perspective of the infants' needs
 - Dimensions of temperamental types
 - Goodness of Fit

Cognitive Development

- Ahh, our brain...
 - Providing a stimulating, safe, synchronous environment

Emotional Regulation

- Infants need parents to show them.....

Now, Some Basic Facts to Consider About

- Infant Sleep
- Infant Feeding and Nutrition

Important to know...

- **Infants naturally sleep less than adults**
- **Infants are just building sleep patterns**
- **Infants should sleep lightly**
- **Infants need our responses to reduce fear and stress responses**
- **Sleep is a separation**
- **Infants are often hungry...and need to be fed to reduce discomfort**
- **Feeding infants more does not help them sleep**

From here we can Create Strong Secure Attachments through...

- Synchronous Care
 - Supportive, comfortable base
 - Touch, Comfort
 -our thoughts.....
-
- But getting there can be with different types of parenting behaviors

Consider Process-Oriented Support and Therapy

- Working it out.....
 - Respecting and acknowledging parent goals and influences
 - Finding the connections between infants' needs and parents' goals
 - Fitting it together

Let's work it out
Meeting Goals ... Building
Attachment

- Attachment-Based Parenting
- More Infant-Centered Settling

Self-Soothing Infants from an Attachment Perspective

- Benefits for
 - Synchrony
 - Touch
 - Feeding
 - Warmth
 - Chemical Balances
- Requires...parents' comfort

Self-Soothing Infants from Other Perspectives?

- Controlled Crying?
 - Concerns
 - Developmental issues and risks
- Scheduled Waking...
 - Meets Infants Needs
 - Reaches parents' goals

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