

NURTURING AND ATTACHMENT

Nurturing your children helps them feel safe and learn to trust you. Here are some easy ways to bond with your child.

INFANTS (ages 0 – 2)

- Pick up and hold your baby
- Use a soft voice
- Talk with your baby
- Look your baby in the eyes



YOUNG CHILDREN (ages 3 – 5)

- Get on the same level as your child by bending or sitting down
- Read, sing, talk and play with your child



OLDER CHILDREN (ages 6 – 12)

Get involved in your child's activities like school and sporting events



TEENAGERS

Ask your children how they are feeling and what is going on in their lives



HUG YOUR CHILD

Institute for Family Violence Studies
Clearinghouse on Supervised Visitation

