



MUMMY  
BRAIN  
BUILDERS



**SECURE  
ATTACHMENT**

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## SECURE ATTACHMENT

Whether you are a biological or adoptive parent, having a baby is cause for immense joy. However, as with all new situations this has its challenges. It is crucial that besides your baby's physical needs like sleep and nutrition you must also support his/her emotional development during this new phase of your life.

The bond between the mother/caretaker and the baby starts shaping in the first year of the baby's life. This is called attachment. Attachment is the instinctive and unique relation between the primary caretaker and the baby. The baby can form an attachment with more than one person, however, one of these is with the primary caretaker and is stronger than the other ones. The quality of the attachment impacts your child's emotional and cognitive development. In the case of secure attachment, your baby will also be wired to learn and explore, to have healthy insight as well as common sense.

One should keep in mind that secure attachment doesn't happen overnight. With time you will understand why he/she is crying or notice the signs and you will easily take care of your baby's needs. But remember; the most important factors for this bond to happen is your curiosity about your baby's needs, your wish to fulfill them and your own emotional regulation.



## RECOGNIZE NEEDS

Since babies' verbal skills are not fully developed yet, they need for you to understand and take care of their hunger, gas, fear, sleep, restlessness or joy by their non-verbal clues.



## RESPOND IN A TIMELY MANNER

Children learn through exploration and draw a path for themselves based on the responses they get from their environment. That is why you should respond to babies' reactions or children's behaviors as soon as possible.

E.g. It will be useful if you are fast in trying to understand what the problem is when your baby starts crying.



## COMMUNICATE

There are studies about the fact that babies are sensitive to their mother's voices when they are in the womb. Eye contact from the first moment you meet your baby, speaking, singing lullabies, hugging and patting the back and making physical contact will result in your baby to feel loved in a safe environment.



## TRUST

It is important that you are by your child's side when he/she is growing. It's essential that you give him/her a chance and time when experiencing new things or carrying out responsibilities. When your baby feels your trust, his/her self esteem and sense of competence will develop.



## UNCONDITIONAL LOVE

It is important for secure attachment when your child feels that the love between you and him/her is independent from his/her behaviour, success or mistakes. Don't be afraid to show your love. Speak, laugh, play and act out while reading (e.g: imitating a cat when you see a picture of a cat) without worrying whether you will spoil him/her.

Children do not get spoiled by unconditional love but are affected negatively by parents setting no clear boundaries with the misconception that this is the way of showing their love to their children.

## TAKE TIME FOR YOURSELF

It is necessary that you are well in order to have a good parent-child relation. Besides being a spouse or mother, keep in mind that you are an individual and you have rights and needs, too.

So, you should take time for enjoyable activities, feel free to ask for help and look into online therapy if you feel the need. You may also benefit from free psychological support services available in your community.

# KNOW YOUR BABY AND OBSERVE CAREFULLY

Observe your baby's actions, sounds, facial expressions and body movements and look for clues to respond to his/her communication signals. For example, body movements may indicate a need for attention and if you notice this and take care of the need, your baby may do the same thing next time.

Try to find out what your baby likes during physical contact. Because your baby learns through touch and the softer your touch, his/her perception of the world will be more positive.

With time, your baby's mobility and interest in the environment will increase. During this period you can organize the environment accordingly and make sure your baby can move around safely.

If there is any object, situation or noise that attracts your baby's interest, try to make known that you are aware of your baby's curiosity and awe. For example, your baby may look at you in awe when an ambulance noise is heard and you can smile and say 'yes, that is the ambulance doing that'. Likewise, when your baby gives a curious or surprised reaction to a toy, you can say 'oh, what a nice toy' and you can applaud when a noise comes out when pressed.

## **Allow independence in moderation.**

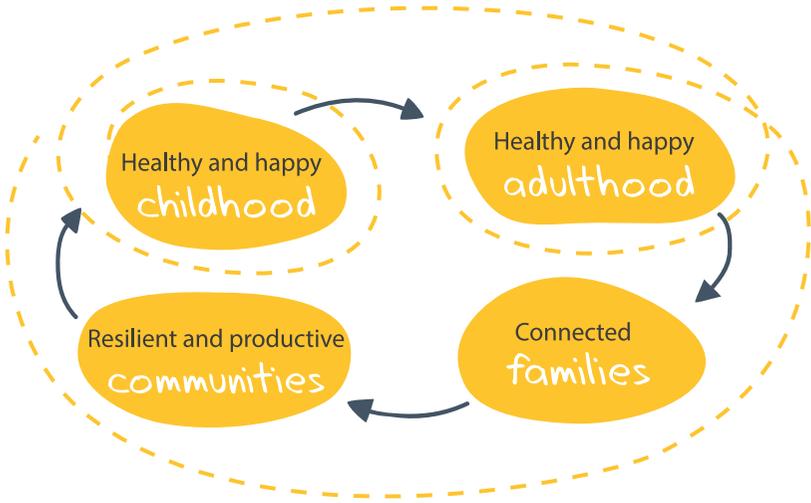
As long as there is no danger, allow your baby to do things by himself (i.e. take off socks). Let your baby learn new skills and appreciate them.



## PROJEMİZHAYAT

As 'Projemiz Hayat' team, our aim is to raise large-scale social awareness and our first of many projects is 'Mummy the Brain Builders' in which the objective is to raise awareness and create solutions to 'childhood emotional neglect'.

We are always here to support with our book, seminars, training programs, web site, volunteers and activities.



For detailed information: “Geleceğe Dokunan Anneler: Çocuklukta Duygusal İhmali Fark Etme, Tanıma, Önleme” (Mothers Who Impact The Future: Identifying, Noticing and Preventing Emotional Neglect During Childhood) (Epsilon Publication, 2020)

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To support our project, you may visit: [phocagoods.com](http://phocagoods.com)