

Bonding and Attachment



1. Attachment starts at birth. Take the time to develop a bond with your child and plant the seeds for a healthy relationship.
2. Nurture your children. Children need to be held, rocked, and cuddled.
3. Remember the importance of having fun, playing with, holding, and sharing happiness with your baby/child. Smiles, laughter, touch, and interaction are as important to a baby/child's development as are food or sleep.
4. Your body language, tone of voice, and loving touch are all important ways of communicating with your baby.
5. Eye contact, tone of voice, touch, body language, and facial expressions all impact how you can create a secure attachment to your child. Be mindful of all these things and the impact negative interactions can have on your child.
6. Try to understand the behaviors before punishment or consequences. The more you can learn about attachment problems, bonding, normal development, and abnormal development, the more you will be able to develop useful behavioral and social interventions.
7. Be positive rather than punitive. Do not exhibit aggression or use physical punishment. Learn and practice non-punitive means of discipline. Ensure that any consequence is immediate, simple, concrete, and consistent. Explain why consequence is being imposed and for how long. Praise the child for compliance in any situation. Limit the use of time outs.
8. Interact with these children based on emotional age. Individuals with FASD often times are emotionally functioning at an age that is less than their biological age.
9. Prioritize time with your child.
10. Providing a safe and positive environment.
11. Learn to listen to your children without giving advice or trying to fix their problems.
12. Use Consistency in your parenting and daily routines.
13. Minimize the environment (restrict chaos, amount of "stuff" around, and the number of choices given)



14. Have open dialogue with your child. Talk with your child about their disability and/or FASD. The more they accept and learn about their restrictions, the more they can cope and accept the restrictions needed to keep them safe.

