

# Exploring

## infants and toddlers

Capital District Child Care Council *a tipsheet for parents and caregivers of children ages 0 to 2*

## Building Strong Relationships

Attachment is the emotional glue that bonds children to the important people in their lives. These relationships bring safety, comfort and pleasure to the child's world and set the stage for relationships with others throughout life.

- Hold babies close in a tender caring way
- Exchange cuddles and playful affectionate interactions with babies
- Observe baby's cues and respond to her emotional signals
- Observe baby's cues and feed her according to her individual needs and feeding styles
- Observe baby's cues and respond in a way that promptly addresses the baby's distress
- Respond consistently and immediately during face to face interactions with babies
- Use warm tone, soothing words and bright facial expressions with babies during all interactions
- Use cradle songs or soft rhythmic words to soothe fussy babies or during transitions
- Incorporate loving touch and soothing words into each daily activity (feeding, diapering, bathing, walking, waiting...)
- Remember to slow down and enjoy simple moments shared between baby and caretaker
- Prioritize what is important from moment to moment in a baby's day. (Messess, schedules and paperwork can wait, respond to baby's needs first)
- Include the important people in a baby's life in conversations and daily activities when possible
- Supervise and support her in a safe and comfortable environment that encourages her to move, grow and explore

**A strong bond built between baby and caregiver is a gift that will serve the child for a lifetime.**



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