

## **Nurturing and Attachment**

*Correlates to Supportive Family Environment and Nurturing Parenting Skills*

Nurturing can be described as the actions demonstrated by a parent or caregiver to provide support and/or nourishment to help a child develop.

Attachment is the connection or affection that exists between two individuals. The importance of early bonding and nurturing continues throughout childhood. Without early bonding and attachment, children have more difficulty in life relating to peers [www.childwelfare.gov/preventing].

### **Signs of Nurturing and Attachment:**

- Parent expresses pride in child's accomplishments.
- Child and parents exchange smiles, hugs, and kisses.
- Parent participates in child's activities: school, sports, play, etc.
- Parent listens to child.
- Parent is attentive and sensitive to child's needs.
- Parent speaks of child in positive terms even when discussing problems.
- Children exhibit age- appropriate boundaries.

### **Questions to ask:**

- Tell me about your child's friends.
- What is your child's schedule?
- Where does everyone sleep?
- How do you show affection in your family?
- What three words describe your child/children?
- Describe when you know your child is happy or sad.
- What have you done in the past to protect your child?
- How much time do you spend with your child or teen?
- How do you let your child know that you love him or her?
- If I asked your neighbor to describe your family, what would they say?
- When you spend time with your child or teen, what do you like to do together?
- What do you like about being a parent of an infant (or preschooler, or teenager)?

### **Resources:**

<https://www.childwelfare.gov/topics/preventing/promoting/protectfactors/resilience/>

<https://www.pinterest.com/pin/240801911299567710/>

The Cracked Pot Fable: <https://www.youtube.com/watch?v=6gIH8BjyWaA> (sometimes our flaws are our strengths)

University of Georgia sports start goes to book club:

<https://www.youtube.com/watch?v=uPLwQm2y83E>

It's not about the Nail: <https://www.youtube.com/watch?v=-4EDhdAHRog> (helping is sometimes about just listening)

<http://www.arborsci.com/happy-unhappy-balls-happy-sad-balls>

[www.ctfalliance.org/images/about/EBPPositionPaper.pdf](http://www.ctfalliance.org/images/about/EBPPositionPaper.pdf)