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Strong children through attachment

From birth, a child depends on a close and good relationship with its parents and other trusted people. The more the child feels loved and understood, the better it can develop, learn and become independent.

What children need in the first years of life:

- 1 • Contact and physical closeness
- 2 • Stimulating environment for development
- 3 • Attention and dialogue
- 4 • Secure attachment
- 5 • Recognition of uniqueness
- 6 • Confidence in own abilities
- 7 • Security and reliability
- 8 • Orientation
- 9 • Linguistic stimulation
- 10 • Careful use of media
- 11 • Patience



Contact and physical closeness:

- Children love physical contact with people they trust - especially with their parents and siblings.
- Caresses and touch calm and strengthen the child.
- Touch strengthens the immune system and contributes to children's health.

TIP:

Sing songs while being in physical contact with your child, do finger games and pamper your child with massages.

Here is a rhyme for a caressing massage on the child's face:



(Source: unknown)



Stimulating environment for development:

- Children learn by playing.
- Small children enjoy playing with everyday objects.
- Children learn from other children and enjoy playing together. Friendships can arise. This will teach the child social skills.
For example:
 - To show consideration for other children,
 - understand body language,
 - interpret facial expressions,
 - resolve conflicts, and
 - show feelings.
- Children have a great urge to move. This makes them more balanced.
In addition, exercise positively supports physical and mental development.



(Source picture: Brochure "Strong through attachment", Bavarian State Ministry for Family, Labour and Social Affairs)



TIP:

Take your children outside for an hour every day.

A playground invites the child to climb, swing and balance. Children can run or play ball on the sports field.

Attention and dialogue:

- The full attention of an adult is very good for small children.
- Talk to your child and explain the world to them.
- Attention strengthens your child in dealing with themselves and with other people.



(Source picture: Brochure "Strong through attachment", Bavarian State Ministry for Family, Labour and Social Affairs)

TIP:

Schedule time with your children when you are ready to give them your full attention.

Avoid using smartphones and other digital media during this valuable time.