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Strong children through attachment - Part 2

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 • Confidence in own abilities
- 5 • Recognition of uniqueness
- 6 • Security and reliability
- 7 • Secure attachment
- 8 • Orientation
- 9 • Linguistic stimulation
- 10 • Careful use of media
- 11 • Patience

Eine Kooperation von:



Gefördert vom:



Bundesministerium
für Familie, Senioren, Frauen
und Jugend



Confidence in own abilities

- Parents must show their children their unconditional love.
- When children learn something new they need encouragement from their parents.
- By praising and recognising their personality children get stronger.
- This allows them to develop new skills.
- Through a sense of achievement, children are encouraged and dare to take further steps.
- A little help from the parents makes it easier to cope with failures.



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→ Self-made experiences give your child courage and self-confidence. This is an important key to successful learning.

Recognition of uniqueness

- Every child is different.
- There are different temperaments.
- Every child has its own way of learning to move and expressing itself.
- Children develop in their own pace and at their own time.
- Don't compare your child to other children.



Source: www.pixabay.com

→ Enjoy what your children can already do and praise them for it.



Security and reliability

- Children need reliable and familiar people who see their needs and are there for them.
- Little children want to be protected.
- Little children need the unconditional love of their parents to grow up safe and secure.
- Parents represent the safe base / the safe haven for their children:
 - They support their child in their urge to explore.
 - They welcome them when it comes to them.
 - They take care of them.
 - They help them.
 - They comfort them and sort out their feelings.



Source: www.pixabay.com

→ With this certainty, the child can get involved in new situations and dare to take new steps.