



April 2022

## 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



### 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.



Source: [www.pixabay.com](http://www.pixabay.com)

→ 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](http://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](http://www.pixabay.com)

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