



Connecting with Your Child

The Importance of Connection

Building a strong bond between children and parents is essential to helping children develop a strong and secure attachment. Children with secure attachment feel protected by their caregivers, and they know that they can depend on them to provide for their needs. Only when children have a secure base can they feel ready to explore and navigate their world. Strong parent-child connections are also a great way to promote children's cooperation with adults and lead to children's readiness to engage in learning and a path to a healthy child development.

It's important to find times during the day to promote a strong bond with your child. This can be especially effective in the morning upon your child waking up, at bedtime to help your child feel calm, to sooth and comfort your child, and before/after times of separation.

Feeling connected decreases Cortisol, which is the fight or flight hormone that is present during conflicts. It increases Dopamine, which is responsible for feelings of pleasure and joy. It helps us think and plan for what will feel will be the best route for us. Oxytocin is also increased, which is the hormone essential to cognitive functioning, including memory and learning.

*"Your Children Need your Presence
more than your Presents"*

Jesse Jackson

