



First Connections

...make all the difference

INFANT ATTACHMENT - WHAT BABIES HAVE TO SAY!

Birth to 2 Months:

- You can hold me as much as you want
- **You can't spoil me**
- Crying is how I tell you that I need something. I don't cry to make you angry
- If you think you have taken care of all of my needs and I am still crying, hold me and comfort me
- Smile at me, laugh, sing to me, rock me, dance with me gently, talk to me softly. This is how our relationship grows

2 to 7 Months:

- When I look at you, smile, coo, and reach up to you, I want you to respond to me
- Crying is how I tell you that I need something. I don't cry to make you angry
- If I turn away, I have had enough
- When I am hurt, sick or afraid, I need you to hold me right away

7 to 12 Months:

- I prefer to be with the few people who look after me the most. I am upset by people I don't know
- I get upset when you leave me. Hug and cuddle me when you leave, and again when you come back; then I will learn that I am safe and secure
- Play and talk with me face to face
- Watch me play and follow my lead. If you always direct my play I will stop trying
- Try to understand what I am telling you when I cry, smile, babble, or turn away

12 to 24 Months:

- I am learning about my world. I like to explore, but when I am frightened, I need to come back to you for comfort. When I feel safe and comforted, I am ready to explore again
- Even though I can do more things by myself, I still need love and affection

24 to 48 Months:

- When I want to do things on my own, let me try, as long as it is not dangerous
- I still need you to keep me safe and comfort me when I am hurt, upset, frightened, or sick

Source: First Connections...Make all the Difference: Infant Attachment-What Babies Have to Say, Public Health Agency of Canada, 2002. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2007.