



Bonding with your baby is an integral part of her/his innate instincts for safety, comfort and survival and helps her/him to form attachments and relationships throughout their life.

There is a nonverbal understanding and energy involved in bonding that allows the parent and baby to imprint on to each other in ways that enable easier transitions throughout the phases of your lives together.

The relationship you build with you baby carries into their future relationships with their peers and others around them. Learning to have patience, understanding, compassion, love, anger, frustration, etc... all come from their first teachers - parents and family!

Taking good care of yourself is key to providing an effective experience for you and your baby. Getting plenty of rest, eating a well balanced diet and exercising - taking walks with the baby are a great way to explore the world around you - asking for help at work or home and taking time for yourself to destress and rejuvenate.

A two hour nap or trip to a day spa, yoga classes or an hour at your favorite coffee shop can help you clear your mind and help you focus on your day without distractions - or be the distraction you need in your day!



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Most often, babies that have a healthy bond and attachment are able to initiate relationships with others, share their feelings, have confidence in themselves and are emotionally well. According to a recent article (Robinson, 2015) mothers and their babies experience “falling in love” through attachment. This is described as a joy that overrules our personal needs and desires that is created by the endorphins released as we bond, which makes attachment an even greater experience for both.



References

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