

# STRATEGIES AND RESOURCES

## Responding to Attachment Concerns

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### **Develop a trusting relationship with the parent**

- The parent practitioner relationship serves as a model for the child's relationship with the parent
- Healthy parent-practitioner relationship is especially important in working with parents who themselves received harsh or inconsistent care as children

### **Support parents in understanding and providing sensitive and responsive care**

- Holding and cuddling your baby; making eye contact; speaking in a warm tone of voice; providing comfort when baby cries

### **Help parents to understand developmental milestones**

- Having age appropriate expectations
- What is typical development? What is impact of child's diagnosis?

### **Talk with parents about their child's cues**

- What does behavior mean?
- How do parents engage with their children?

### **Teach parent to hold their child in mind**

- Awareness of and ability to reflect on parent's own feelings
- This influences parent responses to their child

### **Reflect with parents on their own parenting strengths and challenges**

- Every parent brings a history of their own relationships that filter how they interpret their child's actions
- Parents may need therapy, counseling, etc. to address past challenges

### **Share with parent resources that may be able to help**

- Websites
  - [https://veipd.org/main/sub\\_socio\\_emot\\_dev.html](https://veipd.org/main/sub_socio_emot_dev.html)
  - <https://www.zerotothree.org/early-development/infant-and-early-childhood-mental-health>
  - <http://csefel.vanderbilt.edu/>
  - <https://www.cdc.gov/ncbddd/actearly/index.html>
  - <https://www.vroom.org>