

Activities That Promote Attachment

Copycat

The child starts by doing a motion, such as clapping hands, or making a silly face. The adult copies what the child is doing. The adult and child take turns copying each other.

Hide and Seek

Most families already know how hide and seek work: one person is the "seeker" while everyone else hides. The seeker, after counting, then tries to find the "hiders." Adults can add their own twist to this: when someone is found, that person helps the seeker find the other hiders. This repeats with each new person found. Families can also form teams and hide and seek together.

Story Rounds

Adults and children sit in a circle. One of the adults starts a story, such as "Once upon a time..." The next circle member states a line or two to continue the story. You may continue around the circle as many times as needed to complete your story.

Back Drawings

Adult and child sit on the floor, with the child in front of the adult. Child has a blank piece of paper in front of them with a marker. Adult "draws" an image on the child's back with their finger. Child tries to copy image on their piece of paper. Adult and child can switch spots so child has a turn to draw on the adult's back.

ATTACHMENT ALLOWS CHILDREN THE 'SECURE BASE' NECESSARY TO EXPLORE, LEARN AND RELATE, AND THE WELLBEING, MOTIVATION, AND OPPORTUNITY TO DO SO. IT IS IMPORTANT FOR SAFETY, STRESS REGULATION, ADAPTABILITY, AND RESILIENCE.

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