



Footnotes for Little Feet



BONDING

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Show the child you understand their need by listening empathetically and giving a timely response.



Build secure attachments with eye contact.



Create security by being consistent in your care giving, discipline and family routines.



Build constancy, social skills and security by having regular family meals.



Play together and find mutually engaging opportunities to have fun.



Be mindful of giving challenging tasks to your growing child. Babies need to explore and toddlers need to be helpers.



Take time to snuggle and touch.



Form a secure attachment with your child and they will develop stronger neural networks in every area of their brain; cognitive, social and emotional.



To learn more about Nurturing Pathways®, Inc., early childhood creative dance program, training opportunities and materials, please visit www.nurturingpathways.com



