



ACTIVITIES TO PROMOTE ATTACHMENT

1. Wear infant in a baby carrier all day if possible and facing inward.
2. Parents should be the only ones meeting the child's needs initially.
3. Skin to skin contact is important.
4. Laminate loving family pictures and place them around the home and crib.
5. Play with dolls to teach act out how parents will always return.
6. Limit choices such as food.
7. Dress alike.
8. Claim your child and tell him or her that they belong to you.

WAYS TO ENCOURAGE EYE CONTACT

1. Bottle feed no matter the age and encourage eye contact by gently touching his or her cheek. Make sure you hold the bottle.
2. Try using a large mirror across from you that way if the child looks away they will see themselves in your embrace.
3. Continue to hold the child in your gaze. Smile when the child glances at you.
4. Put his or her hands on your cheeks as their eyes often go where their hands are.
5. Play peek-a-boo as this develops the concept of object permanence, teaching them that you are still there even if they can't see you.
6. Sing a song
7. Take turns feeding each other.
8. Eskimo kisses to stare into each other's eyes
9. Play in front of a mirror.
10. Lip-reading with each other is a good activity for older children.

GAMES TO ENCOURAGE ATTACHMENT

1. Play hide and seek
2. Play catch with a ball
3. Hold baby in your arms as you dance with him or her
4. Swim together
5. Put lotion on each other's arms and hands
6. Have the child jump into your arms
7. Marshmallow fights



SENSORY ACTIVITIES

Mouth to improve speech:

1. **Blowing bubbles**
2. **Drinking with a straw especially thick milkshakes**
3. **Whistle blowing or party blowers**
4. **Provide foods with different textures**
5. **Wake up the child's taste buds with sour foods**
6. **Tapping very lightly ABOVE the upper lip above the gum line**
7. **Making mouth music**
8. **Blowing small pieces of tissue across the table**

Tactile:

1. **Share lotion by putting lotion on your hands and having your child try to get it all off**
2. **Hand stacking game**
3. **Lotion painting by drawing pictures on each other's hands**

