

# ***A PLAYFUL ATTACHMENT & BONDING WITH BABY***

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# ***A PLAYFUL ATTACHMENT & BONDING WITH BABY***



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## PLAY and ATTACHMENT

Factors crucial to bonding and creating attachment include:

- Time Together,
- Face-to-face Interactions,
- Eye Contact,
- Physical Proximity,
- Touch,
- Sensory Experiences Such As Smell, Sound And Taste.
- Positive Physical Contact Such As Hugging/Holding And Rocking.

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## PLAY and ATTACHMENT

Playful attachment is a key component of fostering a secure bond with your baby. It involves engaging in interactive, joyful, and responsive play that strengthens emotional connection and builds trust.

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## **PLAY** and **ATTACHMENT** *In Utero*

- Talking And Singing
- Gentle Touch
- Playing With Light
- Interactive Kicks
- Music And Sounds



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## *The Start Of The Relationship*

## PLAY and ATTACHMENT In Early Infancy

- Follow Your Baby's Lead
- Engage In Face-to-face Play
- Use Gentle Touch
- Your Tone - Incorporate Songs And Rhymes
- Your Face - Be Expressive

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## PLAY SUPPORTS

- Secure attachment bonds
- Brain growth
- Physical development
- Emotional intelligence
- RELATIONSHIPS!



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# *Beginning The Babies Positive Sense Of Self!*



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*Vocalisations, Pleasure Reflected  
In Eyes, Vocal Tone & Eye Contact,  
Proximity And Touch*



# *Brain Building*

- Facial Interaction
- Talking and Singing
- Tummy Time
- Gentle Touch
- Mirror Play
- Soft Music and Sounds
- Peekaboo Variations
- Hand and Foot Games
- Respond to Their Sounds

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# *The Start Of Interactive Play*

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# *Rhythms, Song, Turn Taking: The Start Of Conversation!*



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*Play Becomes More Elaborate  
And Meaningful For Baby I.E.  
They Attach Meaning -  
Beginnings Of Child Led Play!*



## PLAY and ATTACHMENT

- **PLAY** versus **PLAY** fulness
- Felt sense of safety
- Voice tone, facial expression, gaze, proximity and touch
- **PLAY** is driven by curiosity and exploration

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# What kind of play materials support attachment?



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# How Much is Enough



## ATTACHMENT AND RELATIONSHIPS

Secure attachment is born of 33% attunement, 33% rupture & 33% repair - Robyn Gobbel LCSW

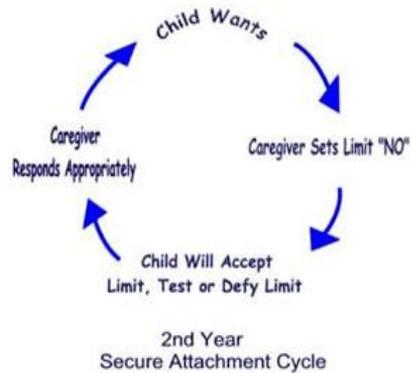
# 33%



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## ATTACHMENT CYCLE



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## PLAY REGULATES

- **PLAY** regulates and we must be regulated to play!!!
- Think sensory somatic **PLAY** and play using the body -  
Activate the senses
- **PLAY** should be developmentally matched

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## WHAT IS THERAPEUTIC ABOUT PLAY

- **PLAY** Engages right brain activity
- **PLAY** allows expression, organises emotions and allows for healthy empowerment over emotions
- **PLAY** engages the parts of the brain that overlap with healing and social relationships
- **PLAY** is our primary source of joy.



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## PLAY IDEAS!

- Think simple
- Think safe
- Child led
- <https://www.youtube.com/playlist?list=PLCnUH5uWLuHzOSMOIfx7CTvNL5Jrk2Q4>



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