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Trusted guide to mental, emotional & social health

Creating Secure Infant Attachment

Helping Your Baby Get the Best Possible Start in Life

This 22-minute video teaches parents how to create a secure attachment bond with their baby and overcome challenges that make connecting difficult. The attachment bond is the deep, lasting relationship that shapes your baby's lifelong development.

The video includes references to a skill-building program. This program has been improved, moved to Helpguide, and is now called the [Emotional Intelligence Toolkit](/articles/mental-health/emotional-intelligence-toolkit.htm) (/articles/mental-health/emotional-intelligence-toolkit.htm).

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