

Attachment & Parenting

All parents know without a doubt that parenting is one of the most challenging jobs ever. The task is daunting, can be painful and feels like it will never end. On the other hand successful parenting comes with rewards of wonders, surprises, exhilarations and tremendous sense of awe.

A genuine concern about our younger generation's well being has been a long term topic of debate and discussion. Parental care and love for the children has never changed and parents are more educated than before to be a good parent. There are hundreds if not thousands of books out there for parents to learn about child development and effective parenting skills. Many parents have done such a good job in understanding and responding to the children's need that their children are well equipped to manage the world successfully on their own.

Bowlby's theory of attachment emerged to help us with better understanding and plan to care for the young. Attachment means bonding between an individual and an attachment figure (usually a caregiver). This is based on the needs of the child to feel safe and secure. The theory proposes that children attach to caregivers instinctively for the purpose of their survival. Although attachment is not inclusively about relationship, affectionate bond indicates that the relationship exists. The earliest bonds formed by children with their caregivers have a tremendous impact that continues through their life.

Bonding is crucial in parenting. Let's face it if you like someone, definitely you would want to be with them,

to cooperate and listen to. Studies show that children with non compliance disorder do not have secured bonding with their caregiver early on in life.

Gabor Mate told us in his book "HOLD ON TO YOUR KIDS" it is not only what we (parents) should do with our kids, it is also who we are to them. Parenting is about forming a positive relationship with your child. It is about connection, trust, closeness, affection, and honouring the relationship.

As the child grows older, their needs expand with the emergence of their awareness of their individuality, including the sense of belonging and their value of being in the world. It is important to maintain the bonding as the children will need your guidance, understanding, and support. This process evolves to provide the children the optimum aptitude to develop their full potential.

Sensitive and nurturing parenting is essential to promote a positive relationship with your child. Besides caring, parents need to create an environment that involves playing, talking, supporting, encouraging, praising and empathy. As parents we need to be open to change or adapt our styles in order to achieve this relationship.

For further information about parenting on this subject please contact the family resource centre phone (250) 342-4242.

