

Building Connection Age 0 Summary

Why Building Connection?

Your infant's early years are a time of incredible growth, and one of the most important foundations you can build is connection. By creating small, consistent moments of bonding, you're strengthening your infant's sense of security and trust, key ingredients for healthy attachment and emotional well-being.

Connection is built through everyday interactions, from feeding and diaper changes to playtime and soothing moments. These small yet powerful moments help your infant feel loved, safe, and cared for.

STEP

1



GET INPUT

Getting to Know and Understand Your Infant's Input

- *"Are you ready to play?"*
- *"Do you want to see what's outside?"*
- *"Are you feeling sleepy?"*

Tip: When your infant makes sounds, respond as if they're speaking to you. This back-and-forth exchange builds early communication skills.

STEP

2



TEACH

Teach New Skills

- *"You're feeling fussy right now. I'm here."*
- *"I see you're excited, look at that big smile!"*

Tip: Infants are learning that their feelings are valid and that parents and those in a parenting role are there to help them feel safe and calm.

STEP
3



Practice to Grow Skills and Develop Habits

- If your infant babbles, respond with a joyful tone: *"Oh yes! Tell me more!"*
- If your infant turns their head away, respect their need for space.

Tip: Repetition is key. Small, consistent acts build long-term security.

STEP
4



Support Your Infant's Development and Success

- Lower your voice.
- Reduce background noise.
- Hold them quietly to help them reset.

Trap: Remind yourself: "I'm doing my best, and that's enough."

STEP
5



Recognize Efforts

- *"I love how you smile when I sing that song!"*
- *"You feel so calm when we rock together. I love these quiet moments."*

Tip: Building connection happens over time. Each small effort creates a stronger bond, and your infant will feel that love every day.

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