

Supporting your baby's relationships with others

- An 'attachment figure' is someone your baby loves and trusts. Children develop attachments to key people in their lives: first and foremost to you, but also to other important people like grandparents or nursery teachers.
- Having other attachment figures in their lives will benefit your baby. You can support this by helping your baby to have regular contact with key people in their life.
- If your baby loses contact with one of their attachment figures, they are likely to find this upsetting. A younger baby may become withdrawn, and a toddler may show you they are missing that person by 'looking' for them or talking about them. You can support your little one by naming their feelings, showing them photos, or pointing out shared objects – 'Are we missing grandad?', 'Granny got you this', 'You and daddy play this game'.
- Remember that your baby has their own relationship with others - you might be feeling annoyed with someone your baby is attached to, but they will still want to see them!



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