



First Connections

...make all the difference

INFANT ATTACHMENT - RESOURCE LIST

This is a list of resources that might be helpful to new parents, or to any parent who wants to make sure that they are doing the very best for their infant.

- *A Simple Gift: Comforting your baby.* This booklet and video explain how you can help your baby feel confident that someone loves him or her and that someone will be there to provide comfort and protection. They may be in your local public library, and are available from IMP-CHSRG, The Hospital for Sick Children, 555 University Avenue, Toronto, Ontario, M5G 1X8; telephone: (416) 813-5819; web site: www.sickkids.on.ca/imp; e-mail: rhona.wolpert@sickkids.on.ca/imp
- *Sharing Attachment Practices Across Cultures.* Although the attachment relationship is universal, parents' attachment beliefs, values, and practices differ around the world. There is an increasing number and increasing diversity of immigrants and refugees coming to Canada from countries where attachment practices may differ from those which are dominant in Canadian health and social service milieus. To learn more, visit: www.attachmentcrosscultures.org/
- *Invest in Kids* is a national not-for-profit organisation. Its goal is to help families make the most of their children's first five years. You can learn about how babies and young children grow and develop, how to comfort your baby, the benefits of infant massage, and some tips for managing stress through their web site: www.investinkids.ca
- *Right From the Start* is an 8-session parenting program developed to promote secure attachment by helping parents understand baby behaviours and learn to respond sensitively to their infants. To find out where it might be offered in your area, contact your local Family Resource Program, Early Years Centre (Ontario), Public Health Unit / Department, Infant Development Program, Child Protection Agency, Children's Mental Health Centre, etc.
- Parent resource centres are available in many communities and provide information, support and opportunities to talk with other parents. The staff who run these programs can direct you to other helping professionals. Your doctor or public health nurse also may be aware of other programs in your local community, set up to provide parenting support for parents of young children.
- *The Parent Help Line* is available 24 hours a day at 1-888-603-9100. If you need help you can talk to someone right away about you and your baby.