

# What does **BONDING** look like

## Parent and child together:

**Smiling**

**Being calm**

**Reaching out and drawing  
each other close**

**Closely watching and listening  
to each other**

**Singing or talking**

**Comforting each other**

**Loving each other**

**Spending time**

**Understanding what  
the other needs or wants**

**Playing**

**Modeling and practicing**

**Learning**



**For additional information, contact:**

**Christine San Nicolas  
Social Services Supervisor**

**Phone: 671-735-7256**

**Email: [christine.sannicolas@dphss.guam.gov](mailto:christine.sannicolas@dphss.guam.gov)**

Funding for this brochure was provided by the Department of Public Health & Social Services, Division of Public Welfare, Child Care & Development Fund (DPHSS/DPW/CCDF), in collaboration with the University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS).

## Sources:

Guam Early Learning Guidelines For Young Children Ages Three To Five. (2005). Guam Department of Public Health & Social Services, Division of Public Welfare, Child Care & Development Fund Program.

Guam Early Learning Guidelines For Young Children Birth To 36 Months. (2007). Guam Department of Public Health & Social Services, Division of Public Welfare, Bureau of Social Services Administration, Child Care & Development Fund Program.

Silberg, Jackie. (1999). 1,2,5 Brain Games For Babies. MD: Gryphon House, Inc.

The Center on the Social and Emotional Foundations for Early Learning. Urbana-Champaign: University of Illinois. Website [csefel.uiuc.edu](http://csefel.uiuc.edu), retrieved 12/19/08

Sparling, J. and Lewis, I. (2008). The Creative Curriculum® Learning Games, Birth To 12 Months, 12-24 Months, 24-36 Months, 36-48 Months, And 48-60 Months. Washington, DC: Teaching Strategies, Inc.



# BONDING

*Nurture it!*



# BONDING BUILDS RELATIONSHIPS.

## What We Know...

Children who bond well with their parents have good relationships with others. They grow to become enthusiastic, curious, and persistent learners who are good at meeting challenges in a healthy way. They experience and handle emotions well and maintain secure relationships. Bonding is built from trust. Trust comes from parents and caregivers who give affection and support with responsive and nurturing caregiving in a safe and comfortable environment.

## What We Can Do...

### Birth to 12 Months

- Hold your baby and rock back and forth; speak lovingly with special names, kiss baby, sing.
- Wave hands to communicate Hi or Bye-bye.
- Stay close, show comfort and give support as our baby meets new people and has new experiences
- Use culturally appropriate affectionate practices (Note: Do not bite, shake, spank, pinch, or engage in excessive tickling).



### 12 to 24 Months

- Invite your toddler to look over a book, talk about the pictures, listen to part or all of the story.
- Let your toddler spoon food into her mouth, make first marks on paper, and pull off shoes and socks.
- Say words that help your toddler describe needs and wants; e.g. "Your hands are dirty, they need to be washed" or "You're hungry? Here are some crackers."
- Change the activity when your toddler is doing something dangerous or inappropriate like running in a store. Say: "Let's march" or "Move like a cat."
- When your child does not respond verbally to a new person, gently encourage a response, but if he declines, speak for your child without shaming him.

### 25 to 36 Months

- Ask more questions and add a few more words for conversations to grow.
- Teach a new task using a few directions with modeling; share in excitement when toddler is trying new skills and activities.
- Praise efforts even if unsuccessful with first tries.
- When there is a disagreement with another person, allow time for your child to solve the conflict before stepping in. Coach with appropriate words like, "let's take turns," or "let's try to share."

### 36 to 48 Months

- Play "Do You See What I See?" – Invite your child to look at a book or

magazine, name or describe a picture and let her go on a page hunt. (E.g., "I see something curly. Which cup is empty? Point to the smallest bug.")

- Play "On the Job" – Create a job fit for a three to four year old that makes her feel important and needed in the family. Examples: Arranging shoes, putting toys away, arranging books, watering plants, feeding pets, getting baby's diaper or bottle.
- Play "Look, Listen, Move!" – Set up an obstacle course your child can follow, and describe his direction and movement. (E.g., Walk to the big bucket, get in, step out; run to the tree and around it once; step on each tile; go to the ball and hit it three times, run back to me).

### 48 to 60 Months

- Spend time on "Something Serious" – When your child asks why or how, take time to choose an honest and short answer to questions like being away (deployment, separation, divorce), illness, death, moving to a new place, new baby or family member. There are picture books, videos, and songs on serious things that may help your child learn about values and attitudes.
- Make a "Special Times" Book or Calendar – Use crayons, pictures from magazines or newspapers, and other art supplies to help your child create a memory book or calendar of events.
- Take advantage of cultural fairs like the Japanese Autumn Festival and the Micronesian Fair or go to places like the Gef Pago Cultural Village in Inarajan.