# You Can’t Spoil a Baby!

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From the moment a baby is born, she begins to understand herself in the context of attachment relationships. When a baby cries and his caregiver responds consistently to him in a timely manner by picking up and holding him, they begin to develop trust that their needs will be met. Over time, babies who have been held and snuggled are less likely to fuss as they have developed trust that their needs will be met.

## Tips to develop secure attachment:

* Hold the babies
  + Babies learn about their world through physical and emotional connection. Physical touch and eye contact provide building blocks for regulation.
* Engage in back and forth conversations
  + By “talking” with babies through coos and babbling in return to theirs, they begin to develop a sense of self that they are valued and worth being heard.
* Be consistent
  + Infants and toddlers learn to self-regulate when their caregivers consistently respond to their cues.

CSEFEL What Works Brief: Attachment  
Center of the Social Emotional Foundations for Early Learning (CSEFEL), February 2011  
<http://csefel.vanderbilt.edu/briefs/wwb_24.pdf>

Skill Building Opportunities Spoiling the Baby  
Mind in the Making, January 2018.  
<http://mindinthemaking.org/wp-content/uploads/2018/10/MITM-SBM-spoiling-baby-Research-JAN-2018.pdf>

