



Attaching Through Love, Hugs and Play: Simple Strategies to Help Build Connections with Your Child

Deborah D. Gray

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Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences.

Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behaviour and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions.

Offering fascinating insights into how children who struggle to attach can be helped, this book is full of easy-to-use ideas which will help you to enjoy the many pleasures of bonding and attaching with your child.

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