**Why is bonding and attachment important ?**

For babies and young children, care and development are strongly linked, and the bond between baby and parent or carer is crucial to the growth and development of the child – affecting physical growth as well as emotional and mental development and wellbeing.

Bonding and attachment in very early infancy is critical to the growth and development of baby and child; parents need to be aware of importance of interacting and communicating with their baby from the earliest days and enhancing quality of life through interaction and active play.

Children’s earliest experiences shape how their brains develop, which in turn determines future health and wellbeing. Very young children need secure and consistent relationships with other people in order to thrive, learn and adapt to their surroundings and this may also impact their ability to form good future relationships.

(NHS Scotland 2011)