



Attachment Parenting of Bergen County

~~ peaceful parenting for a peaceful world ~~

Attachment Parenting is a philosophy based in the practice of nurturing parenting methods that create strong emotional bonds, also known as secure attachment, between the infant and parent(s). This style of parenting encourages responsiveness to the infant or child's emotional needs, and develops trust that their emotional needs will be met. As a result, this strong attachment helps the child develop secure, empathic, peaceful, and enduring relationships.

In conjunction with the work of Dr. William and Martha Sears, and informed by current research, Attachment Parenting promotes *The Eight Ideals of Attachment Parenting*. Recognizing that every family is unique, these ideals are guidelines to help parents understand their baby's needs to develop a secure attachment.

- Preparation for Childbirth
- Emotional Responsiveness
- Breastfeed Your Baby
- Baby Wearing
- Shared Sleep
- Avoid Frequent and Prolonged Separations from Your Baby
- Positive Discipline
- Maintain Balance in Your Family Life

If you want to learn more about Attachment Parenting, share with other like-minded families who are practicing Attachment Parenting, or gain support for your choices, join us for our meetings.

Attachment Parenting International (API) of Bergen County is open to all women, men and children learning more about the principles of Attachment Parenting. We meet on the 4th Thursday of each month. The first three meetings are from 10 – noon and the fourth meeting is in the evening from 7 – 9pm. Additional meetings are also held through the year such as Dad's Nights and Family Picnic.

MEETING DATES AND TOPICS

- Thursday, January 26, 2006
10am - noon
Childbirth and Bonding
- Thursday, February 23, 2006
10am - noon
Nighttime Parenting
- Thursday, March 23, 2006
10am - noon
Children's Developmental Ages and Stages
- Thursday, April 27, 2006
7 – 9pm - Evening Meeting
The Art of Positive Discipline

All meetings will be held at Susan and Barton's home in Haworth, NJ. Call a Leader for directions.

A yearly membership fee of \$35 includes four complimentary quarterly issues of the *Attachment Parenting: The Journal of Attachment Parenting International*. API is a non-profit, group. You need not be a member to attend meetings or to obtain phone help.

At the meetings members can select from a wide variety of books in the loan library on breastfeeding, childbirth, and parenting. Membership supports our local Bergen County group as well as Attachment Parenting on a worldwide scale.

HELP AND INFORMATION

Please call or email the Leaders of the Bergen County group with any questions or concerns

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