

Contact: Samantha Gray
Telephone: 423.878.8359
Email: samantha@attachmentparenting.org

For Immediate Release

Attachment Parenting International Designates October as Second Annual Attachment Parenting Month

Theme, "Attached at the Heart Through the Years" to be Celebrated Across U.S.

Nashville, TN – October 1, 2009 – Attachment Parenting International (API, www.attachmentparenting.org), a non-profit global network of parenting support groups with more than 60 chapters in North America, today designates October as Attachment Parenting Month, which will be celebrated around the country according to this year's theme, "Attached at the Heart Through the Years." Attachment Parenting Month partners include influential parenting resources such as Dr. Sears, Mothering Magazine, Search Institute, Lamaze and Infant Massage USA.

"Parenting challenges change and shift over time and can feel more daunting as our children grow older and other influences gain increasing prominence. Research confirms that parents remain the most important influence in the lives of their children and positive and respectful relationships between growing children and their parents are possible when the parents feel supported and confident," said Barbara Nicholson, author and Co-founder of API. "Attachment Parenting Month, with its theme of "Attached at the Heart through the Years," emphasizes the importance of – and ways to achieve – these benefits of secure attachments over time. Moreover, parents can reach out at any time to receive support and realize these benefits in their families."

Attachment Parenting chapters across the country are recognizing Attachment Parenting Month through local events spotlighting the importance of building and maintaining close, healthy parent-child relationships throughout a child's lifetime.

API will hold online events throughout the month, including a blog carnival, a forum chat, a teleseminar, and a national membership drive to help spread the word about the importance of secure attachments between parents and children through the years.

"Attachment Parenting is moving above the radar," said William Sears, MD, noted parenting author, speaker and founder of AskDrSears.com, who wrote his first book about Attachment Parenting in the 1970s. "In nearly 40 years in pediatric practice and parenting our own 8 children Martha and I are seeing the long term benefits of attachment parented kids. They are caring kids who thrive on the quality of empathy. They are able to get behind the eyes of other people and imagine the effects of their behavior on others. They are high touch children in an otherwise high tech world. There's no doubt our world needs more AP kids."

API will promote all AP Month events through its Attachment Parenting Month Central web site, apmonth.attachmentparenting.org, where organizations and families can get more information about AP Month, participate through contests, donate money or join API, and review what the experts have to say about the importance of healthy relationships over time.

Attachment Parenting is based in the practice of nurturing parenting methods that create strong emotional bonds, also known as secure attachment, between children and their parent(s). This style of parenting encourages responsiveness to children's emotional needs, enabling children to develop trust that their needs will be met. As a result, this strong attachment helps children develop the capacity for secure, empathic, peaceful, and enduring relationships that follow them into adulthood.

Attachment Parenting International (API) is a 501(c)(3) non-profit member organization founded in 1994 to network with parents, professionals and like-minded organizations around the world. API's mission is to educate and support all parents in raising secure, joyful and empathic children in order to strengthen families and create a more compassionate world. In addition to providing assistance in forming Attachment Parenting support groups, API functions as a clearinghouse providing educational materials, research information, consultative, referral and speaker services to promote Attachment Parenting concepts.

API board and advisory board members include such noted parenting authors as Dr. William Sears and Martha Sears, R.N., co-sleeping specialist Dr. James McKenna, Lu Hanessian of LetTheBabyDrive.com, author Alice Miller and Jan Hunt of the Natural Child Project, among others.

More information about Attachment Parenting International can be found at ww.attachmentparenting.org.

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