

**Attachment Parenting International  
25 Years  
2019 Update  
2020 Plans**



nurturing children for a compassionate world

**attachment  
parenting  
INTERNATIONAL**

Serving families and fostering healthy attachment is the vision of Attachment Parenting International. For 25 years now, API has worked to strengthen its efforts and impact to help more children flourish and support more parents. As the challenges of growing up in this world continue, API continues its resolve to help parents benefit from API's Eight Principles of Parenting, offering resilience and compassion through secure attachment. While celebrating a major milestone this year, API focused on its transition to expand its reach and free access to its resources; bring parenting education to more communities; and much more for the next 25 years. These are some of our activities, outcomes and impacts:

## **Education & Support**

- 2019 Rock the World Conference with incredible speakers, topics, resources, and connections made in partnership with La Leche League of Kentucky-Tennessee, addressing key issues such as breastfeeding and brain development, breastfeeding and media among African-American women, attachment styles--ours and our children's, oral issues/ties and breastfeeding, mother-infant sleep, and the chemistry of attachment, to mothers and depression, empathic listening for providers, optimal care in the early years, breastfeeding through separation, science of resilience and ACEs, healthy birth, nonviolent communication, and Attachment Parenting in the real world;
- Shared resources and supported parents throughout the year on topics of sleep, separation, ACEs, breastfeeding, custody, family conflict, discipline, balance, working and parenting, and much more;
- API Leadership participation in multiple ACES and trauma-informed workshops;
- Even more API resources translated into Spanish, Greek, Hungarian, and Portuguese;
- Distributed API Principle-supporting badges to individuals and organizations, API accredited leader years of service badges, support groups supporting API's Principles added to the AP network;
- Launched free leader training resources and AP support group website listing
- Trained Attached at the Heart parenting educators in Greece, Canada, and Argentina, and launched additional support resources and team members;
- Published a new edition of *Attached at the Heart* with Praeclarus Press;

## **Research**

- Ground-breaking API research, "Mothers Affiliated with a Positive Parenting Program Report Rearing their Children Differently," conducted and published by Southern Methodist University in the Journal of Child and Family Studies;
- Awarded a research grant through partnership with Bristol's Promise and East Tennessee State University to pilot and publish research on the Attached at the Heart Parenting Education Program;

## **Advocacy and Outreach**

- Growing a network of 20,000, plus 175,000 on Facebook, and more than 400 AP volunteers, support group leaders and parenting educators;
- Undertaking a national social marketing campaign with the message that parenting (education) matters with the National Parenting Education Network;
- Continued efforts to develop outreach to those working in the judicial system on early secure attachment and API Principles;
- Distributed API Infant Sleep brochure to nearly 1,000 representatives, organizations, and agencies in 2019, and more than 8,000 since the program began;
- Signed onto the Family and Home Network's Campaign for Inclusive Family Policies;
- Celebrated the 2019 AP Month with a retrospective of AP Month celebrations, AP research developments, and a Rock the World conference;
- Held fundraising international travel auction to support family-serving programs;
- Presented at Gary Nicholson Tribute event fundraiser to support API, made possible with the talents of more than a dozen music artists and Nashville volunteers and venue;

## Recognition

- Celebrated 25 years and all those who have made it possible;
- Presented Lifetime Achievement Awards to Isabelle Fox and Marian Tompson;
- Appreciated Camille North for her years of service on API's board; and
- Issued API accredited leader years of service badges.

## API embraces 2020 with plans to:

- Continued to widen our impact geographically by encompassing all of API's work and service as an international organization;
- Grow our popular *Attached at the Heart* Parenting Education workshops, including taking them to England and Tennessee, while adding new materials and support resources;
- Update online resources, content, and management tools, and sustain key nonprofit supports to providing services;
- Continue to expand support to parenting group leaders, professionals, organizations, and volunteers, providing a platform to share their work and knowledge and connect families to them, while expanding our free parenting group meeting resources; and
- Continue to advocate the benefits of practicing the API Principles and working toward secure attachment, healthy happy families, and resilience through outreach, social marketing, and partnerships.

API is here to support families and we welcome you to join us!  
Remember, API has a new API mailing address: P.O. Box 973,  
Bristol, TN 37621 and new API telephone number: 615-398-2740.

