



nurturing children for a compassionate world

Why API?

Relatively recent cultural changes in parenting styles have popularized practices that undermine the development of secure attachments between children and their parent or primary caregiver. Parental awareness of the importance of early attachment is a first crucial step in reconnecting with instinctual and intuitive behaviors that come naturally in loving and caring for children. API brings research and support to expectant parents, mothers and fathers, grandparents and other family members, caregivers, and professionals.

API follows the work of researchers in psychology, child development, and brain science who have studied the behaviors and outcomes of attachment theory for more than 60 years. API helps apply this body of knowledge to everyday parenting practices, and helps parents regain trust in their intuition when it comes to raising their children.



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Support API

API is a 501(c)(3) non-profit organization supported by memberships, donations, and volunteers. API accomplishes a great deal with efficiency – incurring only minimal expenses by employing a small staff, engaging a large devoted volunteer base, and managing the organization in a virtual office environment. This organizational model enables API to have nationwide impact while getting the most out of every dollar.

If you believe in the value of our mission to educate and support all parents in *raising secure, joyful, and empathic children in order to strengthen families and create a more compassionate world*, **please join with us today.**

Visit AttachmentParenting.org for more information about how you can donate, join, or volunteer.

Our 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.



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Why Attachment Parenting?

The way we raise our children affects their future, the future of those who will interact with them, and the way they will choose to raise their own children. The essence of Attachment Parenting is about forming and nurturing strong connections between parents and their children. It challenges us as parents to treat our children with kindness, respect and dignity, and to model, in our interactions with them, the way we'd like them to interact with others.

Our world is witnessing an emerging generation of children who are perceived as increasingly aggressive, depressed, manipulative, nonresilient, and part of a growing population of emotionally and behaviorally troubled youth. Studies have shown that the major contributing factor among these children is a *lack of secure and healthy attachment to a parent or other adult primary caregiver*.

Extensive, long-term research indicates that children with secure attachments:

- Develop into more secure, more independent individuals
- Become more capable of forming healthy emotional relationships in adulthood
- Are more likely to embrace opportunities in life
- Demonstrate stronger leadership and social skills
- Experience more confidence throughout their lives

When we strengthen families, we nurture and fulfill our children's needs for trust, respect, empathy, and affection, which will ultimately provide a lifelong



foundation for healthy, enduring relationships. Raising empathic, emotionally balanced children is a gift to the world that has the capacity to change our society for generations to come.



API has identified the conditions found to be vital to the optimal development of children. These are at the core of API's educational mission and are encompassed in API's *Eight Principles of Attachment Parenting*:

1. Prepare for Pregnancy, Birth, and Parenting
2. Feed with Love and Respect
3. Respond with Sensitivity
4. Use Nurturing Touch
5. Ensure Safe Sleep, Physically and Emotionally
6. Provide Consistent, Loving Care
7. Practice Positive Discipline
8. Strive for Balance in Personal and Family Life



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Parent Education Program

API's Parent Education Program is a revolutionary new approach to parent education. More than a parenting class focusing on short-term solutions, API's program is a comprehensive series of classes for every stage and age of child development from infancy through adulthood. Parent Educators, certified by API, help give parents confidence they need to develop a nurturing, connected relationship with their children.

Psychologists know that educational programs are best able to effect long-term change when parents are provided with ongoing support long after the class is over. API's Parent Education Program goes the extra mile, offering continuing support to parents through local API Support Groups, online support, and educational publications.

Local Support Groups

API Support Groups are facilitated by accredited API Leaders who offer parents the opportunity to support each other in a warm, safe, and accepting environment. Attendees participate in guided discussions about Attachment Parenting ideas and strategies, nurturing friendships and support networks with like-minded families. Many support groups also offer playgroups, enrichment meetings, and private online forums.

Online Support

API's Web site houses a wealth of information, support, products for parents and the professionals who serve them. A robust online forum community, engaging blog, educational podcasts, multimedia Web events, monthly book discussions, and a comprehensive database of frequently asked questions are just a few of the resources available through API's Web site.

Publications

The Attached Family print and online magazine and *The Journal of API* offer quarterly support and education to members of API. With the goal of bringing the latest research and information to parents and professionals, the publication provides a unique balance of scientific articles and inspirational stories.

API Links offers a monthly boost to parents and professionals interested in Attachment Parenting. This free publication is delivered electronically to those who have subscribed via API's Web site.