Regular Twin Cities API Activities

**Monday – Monday Outing Group**, 10-1
(info at www.groups.yahoo.com/group/MondayOutingsTCAP)

**Tuesday – Knitting/Crafting Group**, 6:30-9:00
(J&S Bean Factory, 1518 Randolph Ave, St. Paul)

**Thursday – Minneapolis Playgroup**, 10-3
(Powderhorn Park Recreation Center, 3400 15th Ave S, Mpls)

**Friday – Nokomis Playgroup**, 10-1
(Nokomis Park, 2401 E. Minnehaha Parkway, Mpls in good weather, Midtown Global Market in bad)

**3rd Saturdays – Monthly Support Meeting**, 10:30-12
Sept. through May only - during the summer we have potlucks at various locations instead – see Yahoo group for details.
(Calvary Church multi-purpose room, 3901 Chicago Ave. S. in Mpls)

For more information on these and other activities, including Mom’s and Partner’s Nights Out, please join us at:
www.groups.yahoo.com/group/TwinCitiesAPI

For more information

**Twin Cities API:**
www.groups.yahoo.com/group/TwinCitiesAPI
www.orgsites.com/tn/twincitiesapi/index.html
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**Co-Leaders:**
Clemma & Sacha Muller
Jennifer & David Russell
Aileen & T.J. Larson
Kristine & Mike Dorrain

Attachment Parenting International:
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Alpharetta, GA 30023
(800) 850-8320  phone & fax
info@attachmentparenting.org
Attachment Parenting is a term, in many ways a return to the instinctual behaviors of our ancestors. In the last 50 years, the body of knowledge offers strong support for areas that were studied extensively by psychologists and child development researchers, and more recently, by researchers studying the brain. This body of research shows strong support for areas that Attachment Parenting is about forming and nurturing strong connections between parents and babywearing, but it really isn't about the behaviors as much as it is about the attitude.

Babies and children have needs at night just as they do during the day; from feeding to help initiate a secure attachment. Follow feeding cues for both in the nighttime. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Practice Positive Discipline

Positive discipline helps a child develop a conscience guided by internal discipline, not external punishment. When an incident occurs, choose the most loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Babies need rules, but children need guidelines. Guide and nudge them toward behaviors that will help them succeed. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Maintain a Consistent, Loving, Responsive Caregiver

It is easier to be emotionally responsive when you feel in balance. Create a positive and supportive environment that encourages emotional responsivity. It is easier to be emotionally responsive when you feel in balance. Create a positive and supportive environment that encourages emotional responsivity. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Use Nurturing Touch

Touch meets a baby's needs for physical contact, affection, stimulation, and movement. Skin-to-skin contact especially during breastfeeding, bathings, or massage. Carrying or babywearing too, soothes them and helps them regulate their intense emotions. Babywearing also meets the need while on the go. Fasts, napping, back rubs, massages, and caresses help to soothe, they need calm, soothing, strong emotion, and they need empathy and connection. It eliminates fear in adults with a highly developed capacity for empathy and connection. It eliminates violent behavior.

Strive for Balance in Personal and Family Life

Balance is the key to optimal development of children, adults with a highly developed capacity for empathy and connection. It eliminates violent behavior. For attachment, this means being emotionally and physically ready to receive your baby. For attachment, this means being emotionally and physically ready to receive your baby. For attachment, this means being emotionally and physically ready to receive your baby. For attachment, this means being emotionally and physically ready to receive your baby. For attachment, this means being emotionally and physically ready to receive your baby.

Prepare for Pregnancy, Birth, and Parenting

Prepare for pregnancy, birth, and parenting. It is easier to be emotionally responsive when you feel in balance. Create a positive and supportive environment that encourages emotional responsivity. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Engage in Nighttime Parenting

Engage in nighttime parenting. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Provide Consistent and Loving Care

Provide consistent and loving care. Babies and children have needs at night just as they do during the day; from feeding to help initiate a secure attachment. Follow feeding cues for both in the nighttime. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Build the foundation of trust and empathy beginning in infancy. Tune in to your child's needs, and respond appropriately. Babies cannot be expected to self-soothe; they need calm, soothing, strong emotion, and they need empathy and connection. It eliminates fear in adults with a highly developed capacity for empathy and connection. It eliminates violent behavior.

Respond with Sensitivity

Respond with sensitivity. When your child is hurting or expressing strong emotion, help them learn to regulate their emotions. Respect empathetic parents to help them learn to regulate their emotions. Respect empathetic parents to help them learn to regulate their emotions. Respect empathetic parents to help them learn to regulate their emotions. Respect empathetic parents to help them learn to regulate their emotions. Respect empathetic parents to help them learn to regulate their emotions.

Feed with Love and Respect

Feed with love and respect. Babies and children have needs at night just as they do during the day; from feeding to help initiate a secure attachment. Follow feeding cues for both in the nighttime. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Become emotionally and physically ready for pregnancy and birth. Prepare for pregnancy, birth, and parenting. It is easier to be emotionally responsive when you feel in balance. Create a positive and supportive environment that encourages emotional responsivity. Babies and children have an intense need for the physical presence of a consistent, loving, responsive caregiver: ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for him in a way that strengthens the attachment relationship.

Respond to Behavior

Respond to behavior in the same way you would to a person who was having a hard time. Be patient, understanding, and respectful. Here are some ways you can respond:

- Stay calm and composed.
- Speak in a gentle, soothing voice.
- Use clear, simple language.
- Avoid negative language, such as "no".
- Use positive language, such as "yes".