

## Regular Twin Cities API Activities

**Monday – Monday Outing Group, 10-1**  
(info at [www.groups.yahoo.com/group/MondayOutingsTCAP](http://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 15<sup>th</sup> Ave S, Mpls)

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

**3<sup>rd</sup> 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](http://www.groups.yahoo.com/group/TwinCitiesAPI)

## For more information

Twin Cities API:  
[www.groups.yahoo.com/group/TwinCitiesAPI](http://www.groups.yahoo.com/group/TwinCitiesAPI)  
[www.orgsites.com/tn/twincitiesapi/index.html](http://www.orgsites.com/tn/twincitiesapi/index.html)  
3129 17<sup>th</sup> Ave. S.  
Minneapolis, MN 55407  
[twincitiesapi@gmail.com](mailto:twincitiesapi@gmail.com)

Co-Leaders:  
Clemma & Sacha Muller  
Jennifer & David Russell  
Aileen & T.J. Larson  
Kristine & Mike Dorrain

Attachment Parenting International:  
[www.attachmentparenting.org](http://www.attachmentparenting.org)  
P.O. Box 4615  
Alpharetta, GA 30023  
(800) 850-8320 phone & fax  
[info@attachmentparenting.org](mailto:info@attachmentparenting.org)



Twin Cities  
Attachment Parenting International  
St. Paul/Minneapolis

# Become an API Member!

(We encourage membership, but it is **not** required for participation in our community.)

*API membership includes a year (four issues) of the API News and \$15 of your dues goes directly to the Twin Cities group.*

\$35 Annual Membership to API  
Newsletter delivery:  Electronic or  Paper

Name: \_\_\_\_\_

*I prefer to donate directly to the local group:*  
 \$35  \$50  \$100  \$500  
(No API Membership or newsletter)

Address: \_\_\_\_\_

**To pay by check:**

Send this form with your check to: Twin Cities API,  
c/o Jennifer Russell, 3129 17<sup>th</sup> Ave. S., Minneapolis,  
MN 55407.

Phone: \_\_\_\_\_

**To pay by credit card:**

Send this form to the address above, then visit PayPal  
(www.paypal.com) to pay with your credit card. Send  
to Twin Cities API account: twincitiesapi@gmail.com.

Email: \_\_\_\_\_

## What is Attachment Parenting?

*The long-range vision of Attachment Parenting is to raise children who will become adults with a highly developed capacity for empathy and connection. It eliminates violence as a means for raising children, and ultimately helps to prevent violence in society as a whole.*

*An article by Diana West refers to Attachment Parenting as a "Frame of Mind". There are behaviors that many parents who practice Attachment Parenting tend to use in some form or another, such as breastfeeding, co-sleeping, and babywearing, but it really isn't about the behaviors as much as it is about the attitude. Attachment Parenting is about forming and nurturing strong connections between parents and their children. Pam Leo suggests that when considering any parenting advice we should ask ourselves, "If I follow this advice, will I be providing nurturing, guidance, and limits in a way that maintains a secure bond with my child?" Attachment Parenting challenges us as parents to treat our children with kindness, respect and dignity, and to model in our interactions with them the way we would like for them to interact with others.*

*Attachment Parenting isn't "new". It is in many ways a return to the instinctual behaviors of our ancestors. In the last 60 years, the behaviors of attachment parenting have been studied extensively by psychology and child development researchers, and more recently, by researchers studying the brain. This body of knowledge offers strong support for areas that are key to the optimal development of children, summarized in API's Eight Principles of Attachment Parenting.*

## The Eight Principles of Attachment Parenting

### Prepare for Pregnancy, Birth, and Parenting

Become emotionally and physically prepared for pregnancy and birth. Research available options for healthcare providers and birthing environments, and become informed about routine newborn care. Continuously educate yourself about developmental stages of childhood, setting realistic expectations and remaining flexible.

### Feed with Love and Respect

Breastfeeding is the optimal way to satisfy an infant's nutritional and emotional needs. "Bottle Nursing" adapts breastfeeding behaviors to bottle-feeding to help initiate a secure attachment. Follow feeding cues for both infants and children, encouraging them to eat when they are hungry and stop when they are full. Offer healthy food choices and model healthy eating behavior.

### Respond with Sensitivity

Build the foundation of trust and empathy beginning in infancy. Tune in to what your child is communicating to you, then respond consistently and appropriately. Babies cannot be expected to self-soothe, they need calm, loving, empathetic parents to help them learn to regulate their emotions. Respond sensitively to a child who is hurting or expressing strong emotion, and share in their joy.

### Use Nurturing Touch

Touch meets a baby's needs for physical contact, affection, security, stimulation, and movement. Skin-to-skin contact is especially effective, such as during breastfeeding, bathing, or massage. Carrying or babywearing also meets this need while on the go. Hugs, snuggling, back rubs, massage, and physical play help meet this need in older children.

### Engage in Nighttime Parenting

Babies and children have needs at night just as they do during the day; from hunger, loneliness, and fear, to feeling hot or cold. They rely on parents to soothe them and help them regulate their intense emotions. Sleep training techniques can have detrimental physiological and psychological effects. Safe bedsharing or near-sleeping has benefits to both babies and parents.

### Provide Consistent and Loving Care

Babies and young 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. Keep schedules flexible, and minimize stress and fear during short separations.

### Practice Positive Discipline

Positive discipline helps a child develop a conscience guided by internal discipline and compassion for others. Discipline that is empathetic, loving, and respectful strengthens the connection between parent and child. Rather than reacting to behavior, discover the needs leading to the behavior. Communicate and craft solutions together while keeping everyone's dignity intact.

### Strive for Balance in Personal and Family Life

It is easier to be emotionally responsive when you feel in balance. Create a support network, set realistic goals, put people before things, and don't be afraid to say "no". Recognize individual needs within the family and meet them to the greatest extent possible without compromising your physical and emotional health. Be creative, have fun with parenting, and take time to care for yourself.