

Parenting – Young Parents

What are the signs of a happy and secure child/baby?

A happy and secured child/baby can be placated in distressing situations by caregivers. Although anxious of new environments and strangers, the child/baby is also curious about them. The child/baby will seek reassurance from the caregiver before moving away to explore the surroundings.

In contrast, an insecure child/baby will have one of two different types of attachment to the caregiver. The first type is resistant attachment where the child/baby would show mixed reaction toward the caregiver. He/she will approach the caregiver sometimes but cry and push away the caregiver at other times. The second type is avoidant attachment where the child/baby does not show any response even when placed in a strange environment or when the caregiver leaves. He/she may also avoid and ignore the caregiver when the caregiver approaches them.

Will weekend arrangements be detrimental to the bonding process between parents and child?

The child will more likely bond with a caregiver who has spent 5 to 7 days weekly with him or her. During the weekend when parents tend to compensate for lost time and spoil the child, the child may not respond as the parents expect them to. The child may already be used to responding to the caregiver instead. This can be frustrating for the parents.

In addition, the parents may not be used to the routine of the child, further contributing to their frustration. For instance, parents may not be used to the child/infant's incessant crying, to him or her wetting themselves or his or her needs to be fed at night.

However, before the parents can familiarise themselves with their child's routine, the weekend will have ended. The child will return to the other environment with the caregiver. Some parents may feel relieved and when this happens, the feeling may be transferred to the child. As a result, the child may feel unwanted by the parents.

What can parents do to foster a strong bond with their child in a weekend arrangement?

It is preferable not to have a weekend arrangement for a child. However, if it is necessary, it is good to put the child with their grandparents since the parents will know the type of values the grandparents will impart to their child. That being said, parents still have their own methods and idea of how they would like to bring up their child. As such, it is important for parents to familiarise themselves with the child's routine by interacting with him/her every day.

Here at The Therapy Room, we conduct parenting workshops facilitated by our team of psychologists, led by Geraldine Tan, the principal psychologist. In addition, The Therapy Room also conducts Travel Light (Spring and Autumn) and Camp Global (Summer and Winter edition), which are parts of the Camp Global Series ®. Both the Travel Light and Camp Global focus on multisensory learning for children, with elements of parent-child interactions. To find out more about the Camp Global Series ®, please click [here](#). Please feel free to click [here](#) to contact us and find out more.

What are the signs that a weekend arrangement may be detrimental to the child's development?

Below are a few signs:

- There is a change in the child's behaviour and responses toward the parents. For example, the child is reluctant to go home with the parents or the parents are unable to calm him/her down.
- The child shows any signs of resistant or avoidance attachment. Please refer to the first question at the top of the FAQ for more details.

Should you have any concern about your infant/child displaying such signs, please feel free to contact our team of psychologists, led by Geraldine Tan, the principal psychologist. Geraldine Tan has worked with numerous parents and children from aged 2 and above. In addition, The Therapy Room also conducts parenting workshops. Please feel free to click [here](#) to contact us and find out more.