

ABUSE AND NEGLECT IMPAIR ATTACHMENT

The Effects of Deprivation During Time Sensitive Brain Development Begin In Utero and Continue Into the Twenties

“All of the neurobiological systems involved in empathy, stress regulation, and reward are being actively organized in babies even before they leave the womb. So, as simple as this seems, the first crucial step in creating a caring child, a future good citizen, is to care for his mother. . . . After birth, mothers need ongoing and consistent relational support in order for them to best create a safe, nurturing environment for their babies.

If a mother is available, attentive, attuned, and responsive, her child will almost always develop a healthy capacity for self-regulation. . . . In infancy and early childhood, quality time is only part of the equation—babies need many, many hours every day of one-on-one attention from the same few people over and over in order to build the full relational capacity of their brains.”

Szalavitz and Perry, [Born for Love: Why Empathy is Essential – and Endangered](#) (HarperCollins 2010), pp. 310-311.