



Families living in the East York Community who attend our Ontario Early Year program all extol the benefits of participating in the Baby Love group intervention. Evaluation results indicate that the moms increased their awareness and knowledge about attachment, child development milestones and ways to cope with feelings of anxiety, depression and sadness. Most importantly, they are more aware of their babies' feeling and how to regulate their own interactions with the babies and to stay calm. Adolescent-led single mothers living in our Prenatal Residential and Transitional Housing program are now participating in mother-baby dyadic individual Baby Love intervention. They cannot get enough! Those who participate in the program recommend it to their peers. The young moms not registered in the program are knocking at our doors to get in.

This program works well in the early years setting as well as for families who face more complex issues. I would highly recommend the Baby Love attachment intervention for organization looking to enhance their services in this area.

Ekua Asabea Blair, CEO, Massey Centre for Women