

Join Our ATTACH™ Program to promote healthy parenting!



Attachment and Child Health (ATTACH™)

ATTACH™ CO-CREATORS

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Dr. Martha Hart, PhD

University of Calgary

ABOUT ATTACH™

We are working with researchers at the University of Calgary to deliver the ATTACH™ Program. This successful parenting program promotes secure attachment between parents and children. Secure attachment is important for children's lifelong healthy development. ATTACH™ helps parents better understand their own and their child's feelings and behavior. ATTACH™ also helps parents practice an important life skill called "*Reflective Function*" that involves reflecting on their parenting. ATTACH™ has now been adapted to a new online app that we would like to test—with your help!

WHAT TO EXPECT

- If you are eligible and choose to enroll, you will take part in 10, 1-hour online sessions. You will receive \$280 in total for your time and participation.
- We will determine your eligibility by emailing with you.
- You will learn and practice the skill of being reflective in a non-judgmental, caring environment.
- We will ask you questions about yourself and your child, and ask for your feedback on ATTACH.
- We will observe you and your child during play.
- All information shared with our research team is kept confidential.

Please consider being part of this exciting healthy parenting project. All parents are welcome!

Please call Kayla Seel at 306 244-0127 for more
information and enrolling.

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Ethics ID: REB20-0903

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.