



**THIS CERTIFICATE VERIFIES THAT THE FOLLOWING IS AN
APCA ATTACHMENT PARENTING INFORMED PRACTITIONER**

STEPHANY EL-HA YEK

Attachment Parenting is a set of 8 principles that promotes healthy brain development and nurtures attachment and loving relationships between caregiver and child. The principles are 1)Prepare for birth, pregnancy and parenting, 2)Feed with love and respect, 3)Respond with sensitivity, 4)Use nurturing touch, 5)Ensure safe sleep physically and emotionally, 6)Provide consistent and loving care, 7)Practice positive discipline and 8)Strive for balance in personal and family life.



ASHLEY PICKETT
PRESIDENT 2023-2024
APCA