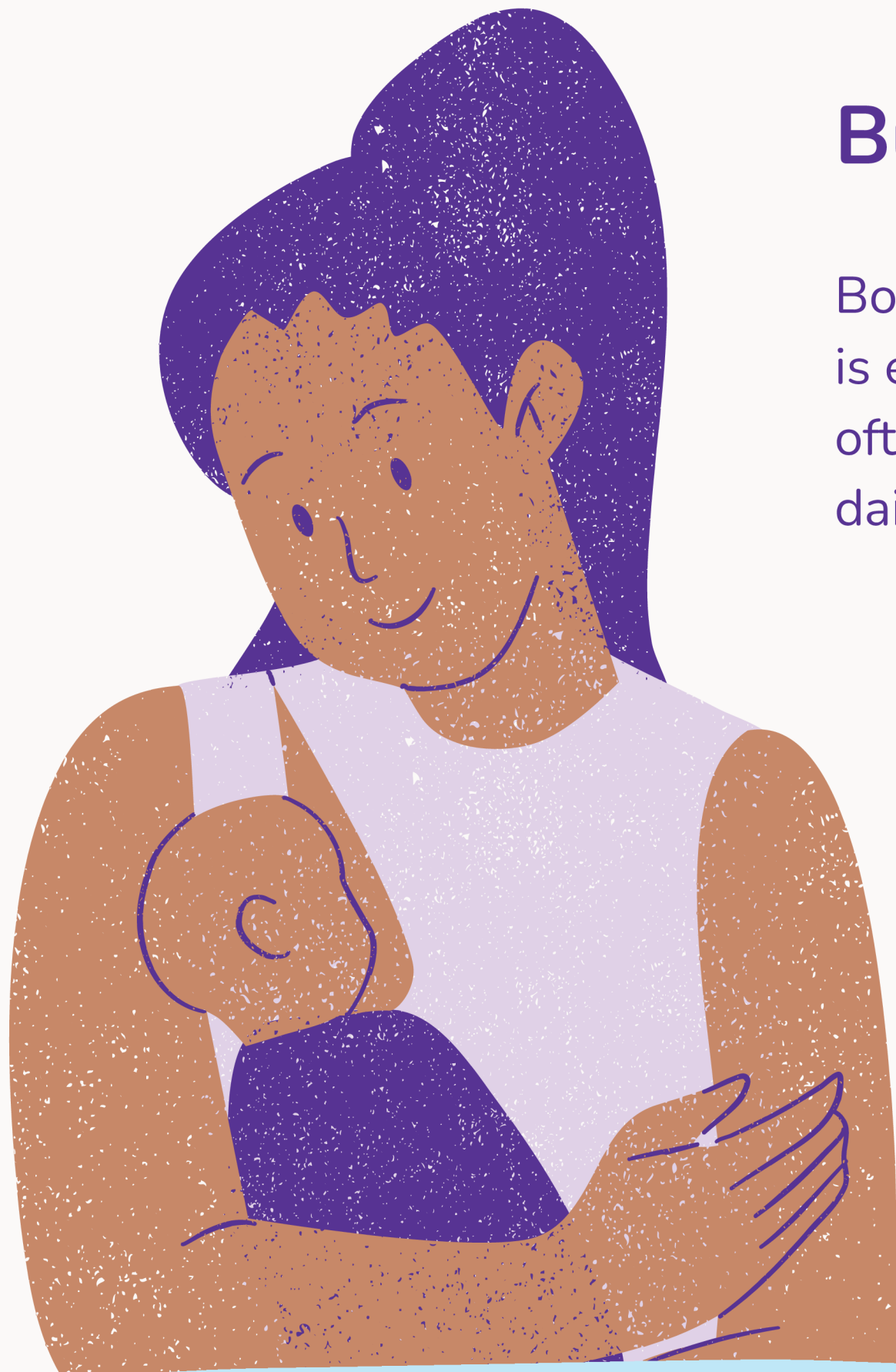


Benefits of Parental Leave



Building trust and supporting growth

Bonding between parent and child forms the cornerstone of secure attachment, which is essential for a child's emotional, social, and physical development. This connection often begins during pregnancy and deepens through closeness, skin to skin contact, and daily caregiving routines. A key part of bonding is sensitive and responsive parenting:



Noticing your baby's signals



Responding warmly & appropriately



Developing a deep sense of safety & trust

Strengthening family bonds

Paternity leave provides fathers with the opportunity to be actively involved from the very beginning, helping them form a close bond with their baby and gain confidence in their parenting role. For the baby, a present father offers additional stability, security, and loving attention, reinforcing the sense of being cared for by multiple reliable adults.

For mothers, paternity leave is valuable support, it allows time for physical recovery, reduces stress, and creates space for rest. Shared caregiving also eases emotional load and lowers the risk of overburdening or postpartum complications. By encouraging early involvement, paternity leave fosters stronger family bonds and benefits the wellbeing of all family members.

