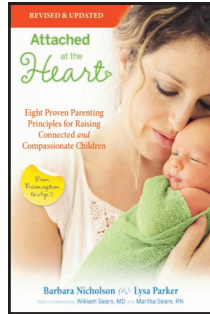


# Welcome to API

Attachment Parenting International (API) is the only organization of its kind, and therefore, we strive to bring you a well-rounded collection of resources designed to educate and support parents about the benefits and how-to's of building a healthy parent-child attachment bond:

- **AttachmentParenting.org** is our home base. From here, you can access all of API's resources as well as learn about the foundation of how parents can incorporate attachment-promoting practices into their childrearing styles: *The Eight Principles of Parenting*.
- **Attached at the Heart**, a book by API's cofounders, explains the Eight Principles of Parenting in detail.
- **API Support Groups** are the heart of what API provides. Led by parents who have completed API's leader accreditation process, local support groups give parents a community-based support network of like-minded families who can learn together through discussion and fellowship. All support groups have monthly in-person meetings, most groups offer a resource library, many have an online discussion group to answer questions between meetings, some have enrichment classes to learn more about specific Attachment Parenting topics and a few offer playgroups, book clubs and family fun activities. **API Leaders** are available in and out of meetings to offer support.
- **Attached Family** is a quarterly digital/print-on-demand magazine centered on timely themes. It's online extension, **TheAttachedFamily.com**, as well as API's blog, **APTly Said**, further explore a variety of Attachment Parenting topics. The **Parenting This Week** newsletter brings the latest of API's offerings, while the **API Links** monthly newsletter highlights Attachment Parenting news in and outside of API. **Parent Compass** is a bimonthly letter from API's cofounders examining Attachment Parenting in society. And soon to debut, the **Journal of AP** is an annual review of Attachment Parenting research.
- **AP Month** is held every October to celebrate Attachment Parenting in your communities and around the world. Every year, API chooses a theme to focus its online auction, communications, giveaways, teleseminars, and other activities.
- **API Teleseminars** provide parents an opportunity to hear from their favorite authors and other parenting experts in the comfort of their homes, via a phone call. And if parents are unable to be on for the call, their registration allows them to receive the recording after the event.
- **API Reads** is an online book club held through Goodreads. Parents read and discuss books selected specifically to help families embrace Attachment Parenting values.
- API also offers a **Professionals Program**, a parent-to-parent online **Forum** community, a **Warmline**, an active Facebook page, and campaigns on infant sleep safety and babywearing safety. Coming soon are API's Parent Education Program and custody legal support.



## You need parenting support.

Which of API's resources offers you the best support?

### Do you have a local API Support Group?

Local support groups, led by accredited API Leaders, offer in-person peer support in a group setting with like-minded parents. Some groups offer additional online support between meetings, and API Leaders are available to provide one-on-one support.

### Join the API Forums...

API's Forums offer a virtual peer support community for parents without an API Support Group. All forum members share ideas moderated by trained volunteers, including API Leaders.

### Search the API Website...

There is a plethora of information available through API, from magazine articles to forum threads to teleseminar recordings to book discussions to blog posts and much more. A few terms typed in the search function on API website turns out resource list tailored to your needs.

### Consult an API Professional...

While API does not endorse professionals, the API Professional Associate Directory lists those who have committed to upholding API's Eight Principles of Parenting.

### Connect with the API Warmline...

API's Warmline allows parents without an API Support Group to seek one-on-one API Leader support for urgent questions. Submit your question through [info@attachmentparenting.org](mailto:info@attachmentparenting.org) or 1-800-850-8320.

No

**Seeking a fun opportunity to further API's cause?** Join our volunteer staff!

**API Support Group Leader**

**Communications Specialist**

**Development Director**

Q&A on CHILDCARE, MESSY ROOMS & NEWBORN DEMANDS

# FAMILY



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