

1. Ultimately, what the infant needs for a secure attachment is access to a well-functioning adult right brain that can empathically receive and regulate the infant's emotional communications. It is not just the gender but the attachment security and emotional health of the parent that is the key to who can best provide right brain primary caregiving in the 1<sup>st</sup> year.
2. Attachment theory has evolved from cognitive to emotional to self-regulation.
3. Self-regulation is tied to affect and stress regulation.
4. Affect dysregulation in the critical period of right brain development lies at the core of psychopathogenesis.
5. The brain doubles in size in the 1<sup>st</sup> 12 months-brain spurt.
6. The left hemisphere of the brain doesn't start maturing until the 2<sup>nd</sup> year.
7. The dyadic relations between child and caregivers within the 1<sup>st</sup> years of life have direct and enduring effects on the child brain development and behavior.
8. The years 0 – 3 are essential to all later evolving human brain/mind/body adaptive functions and the formation of personality.
9. In order to process attachment communications infant seeks proximity to the primary caregiver, who must be subjectively perceived as predictable, consistent, and emotionally available (the most central growth-promoting feature of the early rearing experience).
10. Attachment forms through communications that occur very rapidly essentially between the right brain of the baby and the right brain of the primary caregiver... visual face-to-face transactions, auditory expressions of the emotional tone of the voice, and tactile-gestural cues of the body.
11. Mother's empathic resonance regulates infant's right brain – regulates infant's states of positive and negative arousal.
12. One parent is the primary organizer of the infant's stress states, and in nuclear setups, this is usually the mother.
13. Subsequent to child's formation of an attachment to mother in the first year, forms another to father in second year.
14. Mother is earlier critically involved in fear regulation.
15. Paternal care affects synapse formation later and impacts different areas.
16. Father is later critically involved in male and female toddler's aggression regulation.
17. Females show an enhanced capacity to more effectively read nonverbal communications and to empathically resonate with emotional states than males.
18. Women are generally better than men in reading facial expressions, tone of voice and gestures.
19. Even in the 1<sup>st</sup> year, father's play is more arousing and energetic while the mother is more calming.
20. The differences between the two brain hemispheres is profound. Each creates coherent, utterly different and often incompatible versions of the world with competing priorities and values.
21. In human infancy, right brain functions are dominant and need to be allowed to fully mature. Throughout life, the right, and not left brain, is centrally involved in critical survival functions: the allocation of attention, the capacity to experience positive and negative emotions, the regulation of stress, the ability to empathically and intuitively read the emotional states of other human beings, and morality.
22. Any behavior which opposes well-regulated, optimal functioning should be viewed as interfering with and not promoting the psychological and biological development of the infant.