DISRUPTIONS TO BONDING



When bonding does not occur, it is hardly ever the mother’s fault. No matter how much she blames herself and thinks otherwise.

It is almost always because of an accident.

Bonding **always** occurs between a mother and her baby unless something disrupts it.

There are two main categories of of things that disrupt bonding: (1) physical separation and (2) emotional separation.



**PHYSICAL SEPARATION**

Klaus and Kennell, both neonatologists at Case Western Reserve Hospital in Cleveland, discovered that when a mother is removed from her baby right after birth, she will likely not bond with her baby. This can occur when:

* the baby is whisked away
* the the mother is unconscious
* the baby stays in the hospital and the mother goes home
* the baby is kept in the ICU and the mother can’t be there all the time
* the mother has a C-section and is not fully conscious
* the mother is sick and not fully conscious
* the mother has twins or triplets
* child was adopted

When any of these events occur, the mother will have a hard time bonding with her baby. It and occur (and often occurs later), but the chances are high that the mother will not fall in love with her baby.



**EMOTIONAL SEPARATION**

Klaus and Kennell also discovered that the mother can be unable to bond with her baby because she is experiencing a competing emotion. The most common interrupting emotion is GRIEF. If she is very sad because of something that she is enduring (like the death of her father or a bad marriage), she is going to have a hard time bonding with her baby. Such events can be:

* the death of someone close
* the breakup of a marriage or relationship
* serious marital problems
* emotional problems like recent trauma, before/after the birth
* intense anger at someone or something
* addiction to drugs or alcohol
* rebuke from family or husband
* an earlier miscarriage
* severe financial problems
* intense fear
* unwanted pregnancy

When the mother is going through something that interferes with falling in love with her child, it won’t happen. It is virtually impossible to have two emotions that compete with one another at the same time, for example grief and falling in love with a baby.

Mothers must remember that it is hardly ever her fault.

Fortunately, a bonding problem can be resolved. In other parts of this website, one can find out how this is done.