

## What is Data Binding?

Data Binding is the ability to link objects and data. For our purposes, data binding lets us display the information drawn from our Access database in an easy and logical way. After you've created a Connection String, a Data Adapter, and a Data Set, you can utilize data binding to display and access information via the buttons, list boxes, text boxes, etc. on your Windows form.

If our database is comprised of first and last names, for instance, Data Binding is what lets us connect those records with the fields on our form, where we'd like to display that information. Let's say the controls we wish to populate are text boxes. Data Binding fills these text boxes on our form with the analogous fields in our database—in this case, first and last names.

For some practice writing Data Binding code, see the **Binding Navigator Example**.

---