

BONDING WITH YOUR BABY

FOR ALL PARENTS AND CAREGIVERS

Building secure attachments is about creating responsive, loving relationships that benefit the whole family.

Here are some suggestions for ways to bond with your baby.

Before birth, look at scans, play music, stroke, talk and sing to your baby-to-be

Have lots of skin to skin contact after birth and beyond

Use a baby carrier to keep everyone close. Your baby feels connected, you are hands free

Enjoy lots of cuddles, in arms or piggybacks

Read to your baby
Choose your baby's outfit and dress them

Talk and sing to your baby, tell them what you see and what you're doing

Give your baby the opportunity to spend one-to-one time with all their important family members

Let baby sleep in your arms from time to time

Take baby for walks

Engage with your baby during feeds and at mealtimes

Comfort your baby if they need you at night

Smile at your baby during nappy changes

Massage your baby

Bath and gently dry your baby

Play silly games and laugh with your baby

Play Peekaboo!

Remember to care for your own needs too. You matter.

