

Building a Relationship with your New Baby

IT IS IMPOSSIBLE TO SPOIL YOUR BABY!

Humans need physical contact to grow, develop and thrive

Care that is loving, responsive, consistent and secure enables your baby to develop and learn about the world, feel safe, loved and looked after.

Responding to your baby in a positive way will enable babies brain to develop in the best possible way.

This can be done by,

- Talking and singing to baby as much as you can
- Smiling, laughing and responding to them
- Keeping them close for cuddles and hugs
- Responding to their needs with love and care

Playing

The best time to play is when baby is alert and awake. Remember that babies can only maintain this state for short periods of time.

Crying

Babies cry for a number of reasons. It is their most effective form of communication you will soon learn what your baby wants. Once they get to 4-6 weeks the amount of crying will reduce.

Comfort him when he cries as this helps him to learn the world is safe and you are teaching him that you can be relied upon and that he is important.

