

TOP 10 THINGS TO DO FOR YOUR BABY

One of the greatest gifts you can give to your child is a healthy, safe, and loving environment to grow up in. It starts with a strong attachment to YOU. Here are some practical ways to build a strong attachment and a close, positive relationship with your baby right from the start.



10

SING SONGS

Even while in the womb, your voice is your baby's favorite voice to hear in the whole world. Well, your singing voice can be very soothing too. Sing a lullaby to calm them or sing the ABC's to entertain them.

9

READ

It is never too early to read to your baby. Your baby is already learning. Read books every day to your baby. Plus, this gives you an opportunity for closeness.

8

EXERCISE

Yes, even an infant needs movement to build strong muscles, bones, and for overall physical development. Provide "Tummy Time" at least 2-3 times per day for about 3-5 minutes.

Then, you can gently roll your baby over and tenderly move your baby's arms and legs up and down.

7

MODEL KINDNESS

Already your baby is learning from you.

Even in your womb, your baby is listening to how you speak (even the inflections of your voice). Set a good example of kindness and respect right from the start. Little ears are listening, little eyes are watching, and little brains are learning very quickly!

6

PLAY WITH YOUR BABY

Babies love to play games--especially ones like Peek-a-Boo where you smile at them and talk to them. You can also rattle soft toys, count, and even hold up flash cards.

5

TALK TO YOUR BABY

Remember how much your baby loves your voice? Talk to your baby constantly. Narrate your day: "Mommy is cutting yummy orange carrots." "Mommy loves you so much so I am kissing your cheeks." "Mommy sees a car." Talk slowly and high-pitched and make eye contact when possible.

4

SHOW AFFECTION

You cannot spoil your baby with too much affection. Respond to your babies cries with hugs, kisses, foot rubs, back rubs, snuggles, rocking, etc. The more warm and responsive you can be, the more trust, security, and closeness you will build.

3

PROVIDE DADDY TIME

Bonding with daddy can be very powerful to an infant as well as essential to giving you a little break and feeling more like a team.

Daddy time can be a diaper change, a bottle feeding, a walk around the block, a trip to the store, reading some books, snuggling and rocking, etc.

2

GET SUPPORT

Continue to seek mental health support. Do NOT be afraid to ask for help from the baby's father, from your parents, from your tribe, from your pastor, from your moms' group, from your friends. Your baby will benefit from having a whole village of people who can surround you both with love and support.

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PRAY

Pray for your baby. This is a time of adapting to each other's personality and temperament. Ask God for patience and wisdom on how to bond with your baby.