



Parental support

Bonding with your baby

Some simple tips

Knowing from the start that the most incredibly important thing you can ever do for your children is to simply form a bond with them from the very beginning, when they are babies, should help you find a way of bonding, even though, at times you will far from joyful! Midnight feeds, lack of sleep, anxiety about getting it right and nappy changes can make parenting a difficult time. This is a whole new world for you both. However, your baby needs to feel safe and secure with you, so take time to build your relationship right from the start. Here are some simple ideas to help you bond with your baby that will lead to developing a strong attachment between you both. By using these tips you will also be supporting some really important early neurological developments which will help them to become happy, emotionally healthy children later.

1. Nurture Attachment

“Attachment is an affectionate bond between two individuals that endures through time and space and serves to join them emotionally” (Klaus & Kanell 1976) . It is a very important invisible bond your baby grows with you, when developed by you. Its been described as being ‘like a dance’ where you and your baby take it turns in leading and following, both rejoicing in each other’s: noticing, reflecting back and responding, lovingly and joyfully. Marvelling at each other’s special connection. Keep it strong by responding to your baby sensitively, consistently, and lovingly.

2. Cuddle often

Loving hugs, soft little kisses, and dollops of love make your baby thrive, and actually aid the neural connections to grow in their brain.

3. Smile always

Let your baby see you smile at them all the time and make sure you give yourself time to see them smile back at you. That’s how they grow to know you are loving and that they are loveable.

4. Make eye contact constantly

Holding your baby in your arms to look into their eyes is just the right distance for them to be able see your face perfectly.



5. Connect with your skin

Let your baby have skin-to-skin contact whenever possible. This will help to calm them and help them relax.

6. Touch whenever you can

The gentlest touch is such a powerful positive message of love and safety and will help to soothe your baby.

7. Always be close

Let your baby really know you, how you smell, by holding them close whenever you can. This will help them feel secure.

8. Play daily

Introduce your baby (and maybe yourself!) to play – make faces, stick out your tongue, wave at them, and watch them copy you. It gets easier with practice if you haven't experienced being playful before, and is so important for bonding.



9. Talk and sing your heart out !

Your baby is already familiar with your voice, having been listening to you for quite some time !!! Talk and sing to them and wait for them to respond.