

CONNECTING WITH YOUR BABY

Much of what follows in the section on children also applies to babies. However, there are a couple of special things for babies that are not so relevant for slightly older children.

The most interesting aspect of tiny babies is their complete and total dependence on us for nurturance and care. Without this they cannot survive. They are completely incapable of caring for themselves and their dependence goes on for many years.

What babies are wonderful at doing is getting you to watch and listen to them. They are perfectly developed so that they can see just far enough to watch your face as they are fed.

They are also able to recognise your smell.

The more you watch your baby and smile at her as you feed her, the more she feels loved and cared for.

Touch is very powerful tool for making the relationship between the baby and her carer even stronger. Stroking your baby when you bathe her, touching her gently as you feed her all help her feel safe and cared for.

Tiny babies NEED to be loved to grow. Sadly, just providing food for children without touch or stimulation means that they will “fail to thrive”.

So the more you can do this, the better your baby’s development will be.

Make a list of things you already do with your baby that fall into these areas:

Watch

Touch

Listen

Talk

What I see when I watch my baby: Take a few minutes to watch your baby sleeping, talk out loud to her and tell her what you see..... Describe how you felt.

What I hear when I listen to my baby: Take a few minutes to listen your baby, talk out loud to her and tell her what you hear..... Describe how you felt.

What I feel when I touch my baby: Take a few minutes to stroke your baby, feel his or her skin, touch his/her toes, talk out loud to him/her..... Describe how you felt.