

6 things

that babies need from you

There are six areas where your baby needs your support to grow into a happy capable child.

1

Love + warmth

- Cuddling.
- Rocking and singing.
- One-on-one attention.

2

Talking + listening

- Learning to read baby's cues.
- Chatting to baby.
- Copying sounds your baby makes.

3

Guidance + understanding

- Understanding that your baby is dependent on you for everything.
- Knowing you can't spoil your baby by meeting their needs.
- Helping baby to explore and learn with their eyes, ears, mouth, nose and hands.

4

Limits + boundaries

- Helping baby to rest when they're tired or overstimulated.
- Noticing how baby responds to different people and places.
- Knowing your own limits and looking after yourself.

5

Consistency + consequences

- Doing things in the same way each time (eg changing nappies) so they know what's next.
- Building routines that support baby's needs.
- Helping baby build trusting relationships with a few key people.

6

A structured + secure world

- Building a close attachment with you to support all their future learning and relationships.
- Keeping baby safe from harsh voices, feelings and harmful situations.
- Making sure baby has safe places to sleep and play.

