

Building Connection with your Baby

Early Relationships Matter Because They...

Help your baby
to feel safe and
secure

Support your
baby's brain
development

Help your baby
to learn about
themselves, and
the world

Shape how your
baby understands
and expresses
their feelings

Shape how your
baby will
experience
relationships in
the future

1 Cuddles & Closeness

Holding, rocking, and
comforting your baby
helps them feel calm,
safe and loved



2 Looking at your Baby



Smiling, eye contact, and
playful faces help your
baby feel connected to
you

3 Delight in Your Baby

Loving your baby for who
they are, praising them,
and recognising their
individuality helps them to
learn that they matter



4 Responding Lovingly to Baby's Cues

Be curious about your
baby's behaviour - what
might they be trying to
communicate?



5 Talking & Singing

Talking, singing, and
taking turns with
sounds supports
connection and early
language development



6 Reading & Routines

Books and familiar bedtime
routines give your baby a
sense of safety and security



7 Playing Together

Following your baby's lead in
play helps them feel
supported and valued



Remember



Taking care of yourself
is part of taking care of
your child



You cannot spoil a baby



Hard moments happen.
Babies learn from
reconnecting afterwards

