

# NEW PARENT BABY TIPS

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 secure 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 or sing the ABC's to entertain.

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

Even infants need movement for healthy development. Give tummy time 2-3 times daily for 3-5 minutes, then gently move your baby's arms and legs to encourage strength and coordination.

7

## 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.

6

## 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." "Daddy loves you so much so I am kissing your cheeks." "See the red car?" Talk slowly and high-pitched and make eye contact when possible.

5

## SMILE AT YOUR BABY

Your baby loves faces...especially yours. Smile at your baby often as you talk, sing, exercise, bathe, and play with your baby.

4

## SHOW AFFECTION

You can't spoil a baby with affection. Respond with hugs, snuggles, rocking, or gentle touch when they cry. The more warm and responsive you are, the more trust, security, and connection your baby will feel.

3

## INTRODUCE HEALTHY FOODS

Healthy eating habits start early and shape your baby's long-term physical and mental health. When introducing solids, avoid sugary foods and keep offering a variety of fruits and vegetables--babies may need 15+ tries to accept a new food.

2

## MODEL KINDNESS

Your baby is learning from you from the start--even in the womb. Model kindness and respect early. Little ears are listening, little eyes are watching, and little brains are learning very quickly!

1

## GET SUPPORT

Do NOT be afraid to ask for help. Your baby will benefit from having a whole village of people who can surround you both with love and support.