



Bonding with Your Baby

Establishing bonds is vital to promoting the healthy growth of your baby's body and mind. Research shows that babies who have strong bonds with their parents and caregivers during their first few years of life are more likely to trust others and know how to return affection. Here are some ways to promote bonding.

- Respond when your baby cries. There is no such thing as spoiling a baby with too much attention.
- Hold and touch your baby as much as possible, and keep them close using slings, pouches, or baby backpacks.
- Use feeding and diapering times to look in your baby's eyes, smile, and talk to them.
- Read, sing, and play with them. The sound of your voice is soothing to them, and will help them imitate the sounds you make even before they are ready to talk.
- As your baby gets older, play simple games with them, read to them, and help them with easy puzzles.

