



TOP TIPS!



Top Tips for Building Positive Relationships (Babies)

1. Build Trust:

Babies who are attended to – who are fed, changed, and cuddled when they indicate a need – form infant attachments and learn to trust those who care for them.

2. Pay attention:

Babies flourish under our attention. They look for eye contact, smiles, holding, and talking from us and they respond accordingly. Our attention to a baby is very powerful even if we aren't quite sure what to do, making eye contact and talking to them, pausing, and waiting for their response is a fantastic way to build positive relationships.

3. Provide a caring touch:

A key way to build a positive relationship with your baby is through a caring touch and physical affection. Holding a baby close to you is good for your child and good for you as well. We all need the close, caring contact of another human being.

4. Maximise 'ordinary' moments:

There are lots of moments when caring for a baby could seem "ordinary." Feeding, changing, rocking and bathing. Maximizing these moments means they become times of special connection between you and your child to engage and interact.

5. Take care of yourself:

Positive relationships are built when both you and your baby are happy and relaxed, try some of these tips when looking after yourself:

- Try to get enough sleep: lack of sleep can make you irritable. Try and work out a schedule that allows you adequate time to sleep.
- Ask for support around the house. Especially in the early stages, get as much help as you can from family, or friends.
- Take a break. Caring for a young child can be demanding, taking a break can help you parent more effectively. Go for a coffee, a walk, or doing something you want to do can provide a renewed energy.

6. Stay calm:

Babies are attuned to signs of anxiety and stress, when you are feeling stressed, find techniques that help you calm down before interacting with your baby – it's okay to take a minute.

7. Have fun together:

Smiles, touch and interactions with your baby are extremely important in building positive relationships between you and your baby. Spend time playing together – read a book, sing a song, play peek-a-poo.

8. You don't need to be 'perfect':

Sometimes we focus too much on being the 'perfect' parent, don't worry about this just do your best – positive relationships are built on positive interactions.

Building positive relationships is important for our own sense of wellbeing. A secure attachment teaches your baby to trust you, to communicate their feelings to you, and eventually to trust others as well. As you and your baby connect with one another, your baby learns how to have a healthy sense of self and how to be in a loving, empathetic relationship.