

1 SKIN-TO-SKIN CONTACT

Hold Baby Close



BENEFITS

- Regulates body temperature & heart rate
- Promotes better sleep
- Supports breastfeeding and milk production
- Releases oxytocin ("love hormone")
- Strengthens parent-child connection



Just 15–20 minutes a day can make a difference. Dads can do this too!

2 BABYWEARING

Comfort on the Go

Using a wrap, sling, or carrier keeps your baby close while freeing your hands.

BENEFITS

- Helps baby feel secure
- Calms fussiness and crying
- Supports breastfeeding
- Encourages bonding through closeness, movement, and touch



Always follow carrier safety guidelines.

3 BABY MASSAGE

A Loving Touch

Create a calm, soothing moment together.

TIPS

- Choose a warm, quiet room
- Use gentle, unscented oil
- Start with light strokes
- Watch your baby's cues and stop if they seem uncomfortable

BENEFITS

- Promotes relaxation
- Encourages closeness and trust
- Creates special one-on-one time



Bonding With Your Newborn

SIMPLE WAYS TO BUILD LOVE, TRUST & SECURITY



WHY BONDING MATTERS

Bonding helps your baby feel **safe, loved, and secure.**

These early connections support healthy emotional, social, and brain development, and form the foundation for future relationships.

4 TALK, READ & SING

Your Voice Comforts Your Baby

Your baby recognises your voice from before birth.

TRY:

- Reading stories aloud
- Singing lullabies or favourite songs
- Talking about your day during routines

BENEFITS

- Builds emotional connection
- Supports language development
- Helps your baby feel comforted and secure



5 EYE CONTACT & FACE-TO-FACE PLAY

Connect Through Expressions



FUN ACTIVITIES



Make funny faces



Play peek-a-boo



Copy your baby's expressions

BENEFITS

- Strengthens attachment
- Builds trust and attention
- Supports social and emotional development

KEY TAKEAWAY

Everyday Moments Matter!



Cuddle



Touch



Sing



Talk



Make eye contact



Keep baby close

These simple daily interactions help your newborn feel **loved, safe, and connected**, laying the foundation for healthy development and strong relationships.



Love grows through everyday moments of connection.

