

Bonding with your baby: in pictures



Try cuddling your baby close to the left side of your chest so she can hear your heartbeat. Your baby might find this reassuring, and it can help you bond.



Skin-on-skin contact, such as baby massage, can make your baby feel secure. Try using a few drops of an edible oil, such as olive or sweet almond oil.



Look into your baby's eyes and use facial expressions when you speak to him. Doing this will help your baby learn the connection between words and feelings.



Experts say babies like to hear a sing-song voice instead of normal grown-up conversation. Try talking like this when speaking to your baby.



Read books and enjoy storytelling with your baby from birth. She'll like hearing the sound and rhythm of your voice during this special time together.



Give a commentary as you go through the day. You could try naming the toys and objects around you – for example, 'Look, these are your socks. We're going to put them on your feet, aren't we?'



Singing is a fun way to develop your baby's language skills. Try it in the car, in the bath, at bedtime – anytime and anywhere! Your baby will love the rhythm and will be soothed by your voice.



Smile at your baby. When he sees you smile, it releases chemicals in his body, making him feel good. The chemicals (called opiates) will also help his brain grow.



Play simple games with your baby, such as pat-a-cake or peekaboo. Playing these games can help your baby's learning and movement skills.