

# BUILDING A RELATIONSHIP with your baby.

Talk to your baby bump in pregnancy...conversations begin early!  
Get your partner and siblings involved...feeling baby move...the  
adventure begins here!



Happy birthday  
skin to skin cuddles!

- Babies need to be cuddled and talked to gently
- Babies feed frequently in the early days- you can't "spoil" or overfeed a newborn baby

When babies feel SAFE and LOVED  
- their brains develop healthy pathways

Skin to skin contact at birth-  
triggers innate feeding responses  
for ALL babies!



# RESPONSIVE FEEDING

follow baby feeding cues = happy baby!

- You can't overfeed a breastfed baby
- All babies need feeding at least 8 times in 24 hours including at night
- Only ill or premature babies need timed (eg: 3 hourly) feeds

Watch out for baby feeding cues...fingers to mouth, rooting, restless





Talk to your baby and have lots of  
cuddles...respond to their needs!  
You can't "spoil" a newborn baby.

Did you know that your baby's brain develops healthier responses if your baby feels safe and loved

