

Help Your Baby Feel Secure

1. Use daily routines as a time to connect with your baby.
 - Give your baby your full attention when you are diapering and feeding.
 - Be consistent and predictable. Do your baby-care tasks in the same order each day.
 - Show how much you enjoy your baby. Use songs and a musical voice to cue your baby.
2. Observe your baby.
 - Learn what your baby's different cries mean.
 - Note whether your baby is engaged with you. Look for eye contact, cooing, and reaching.
 - Note whether your baby is *not* engaged with you. Look for an arched back, looking away, and hands together.
3. Talk, laugh, and play with your baby!
 - Sing, use rhymes, and play back-and-forth games.
 - Imitate sounds and facial expressions.
 - Massage and touch your baby.

Remember: There is no such thing as perfect parenting!

