



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!*

