



## Create a strong foundation with baby

### Takeaway messages

1. A strong foundation meets your baby's security needs. Be interested in baby's cues and respond with empathy. When you manage your emotions, you are more able to share calm and comfort to baby, your household, and at work.
2. When you are responsive, sensitive, and consistent you build a strong attachment with baby. Attachments to other caregivers are important, too.
3. Baby cues guide you in how to care for them – a built-in 'users manual'! Share with other caregivers what you have learned about when baby is ready to connect – reaching, bright-eyed, smiles – and when baby needs to stop – turning away, hands to eyes, fussing.
4. Baby's distress can trigger strong feelings. Manage your feelings by putting baby somewhere safe, walking away, and taking a few minutes to calm yourself. Ask for help if you are overwhelmed.
5. Routines organize you and your family. They offer predictability and comfort throughout the day. Positive routines are enjoyable, convenient, rewarding, and adaptable.
6. Refueling is essential for parents. Many ways to refuel – have a slow meal, a slow shower, yoga, mindfulness and gratitude moments, time with friends/family. Build-in self-care routines during the week.
7. Support your well-being by reaching out to others, whether this is your first or your fourth child. When tasks are shared, they are less burdensome. Asking someone else to care for baby for just a few hours each week will lighten your outlook.
8. Schedule a consistent time and day of week for your self-care activities. Advocate for yourself with household, family, friends, and work supervisor(s). Your supervisors hold the key to flexibility and usually respond favorably to being included in your planning.

