



Bonding with your baby



Getting to know your baby helps to build the connection between you and them. This bond is important for your wellbeing, and for your baby's future development. Here are simple ways to build that bond:

Talk to your baby

Read them a story or tell them about your day. Your baby will recognise your voice from pregnancy and be comforted by it.

Skin to skin

Cuddling your baby, stroking them or some baby massage helps to release oxytocin (the love hormone).

Music

Singing, humming or playing your favourite music can help you and baby regulate your emotions and boost your mood.

Be present

Try to find a few moments each day to put your phone down, make eye contact with your baby and copy their expressions.

Reach out

Some days are really hard. If you're struggling, ask for help.

The bond between you and your baby can take time to develop but being 'good enough' is enough for you and your baby to have the best start in life.



Where to find help:

- Talk to your GP, child health nurse or midwife
- PANDA National helpline: **1300 726 306**
- ForWhen Care Navigation helpline: **1300 24 23 22**
- Crisis Care helpline: **1800 199 008**

For more information on how to bond with your baby, scan the below QR code:

