

Forever Friends Naturals - Bonding Tips

Forever Friends Naturals

My Little Bear

What's happening?

Attachment is a deep, lasting bond that develops between a parent or caregiver and child during the baby's first few precious years. This attachment is critical to the growth of the baby's body and mind. Babies who experience this special bond have a better chance to grow up to be affectionate, loving, trusting adults.

So why is bonding so important for you and your tiny bundle and how can you make the experience even more wonderful? A new parent often has lots of questions, which is why we've compiled a list of ideas to help you.

The best gift you'll ever give your baby is... you! The love and attention you give now will always stay with your baby, helping them to grow into a happy, healthy child - and adult. You are your little one's first teacher and your actions and behavior will guide and influence your baby's early interactions with the world. Here are some sweet and simple ideas to encourage this magical process.

What you can do...

- Show affection - kiss, cuddle, sing to and smile at your baby. Talk to them as you are doing jobs around the house, or even as you pop to the shops for a pint of milk.
- Hold and touch your baby as much as possible to keep him or her as close as you can. Slings or pouches are a great way to do this while keeping mobile, meaning you can get on with your life at the same time as giving your baby the attention he or she needs. As a mum your scent, look, feel and sound will feel like home to your baby, making them feel safe and warm.
- Baby massage is an ideal way to create a lovely feeling of relaxation and love as well as promote restful sleep, reduce stress and enhance overall health.
- Frequent eye contact is also very important so use feeding and changing times to look into their eyes, smile and talk to them. Eye contact in babies is no different to that in adults, it shows security, trust and confidence. As the weeks go by you will notice your baby gazing into your eyes more often as your bond is strengthened.
- Read books, sing songs and play games - little babies love it all. They also love to hear your voice and will try to imitate you and the sounds you make.
- As your little bundle grows and learns to sit up and crawl, they will want to explore, touch and taste almost everything around them! Make sure you join in the fun by getting on the floor with them to play with toys, puzzles and books. Your baby will have a great time - and so will you!
- Look after yourself and make sure you take time out to relax and catch up on sleep when you can - household jobs can wait. The more happy and relaxed you are, the more your baby will benefit from spending time with you.

We hope this guide will be useful and help to give you some new ideas for when it comes to bonding with your baby. There are countless ways to enrich your relationship and the best part is the practice! Enjoy all the ways that the two of you can explore the world together and just remember to go with your instincts - you know your little angel better than anyone.

We'd love to hear your stories! To submit your baby bonding tips and memories for other parents go to www.foreverfriendsbaby.co.uk

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