

# GroBrain

Supporting you with 'tuning' into your baby's cues, cries and providing comfort, using smiles, cuddles and eye contact

## 4. Babies need love and comfort

Babies need to develop a close relationship or attachment bond with specific people they can rely on for LOVE and COMFORT.

Your baby needs to know:

1. Am I loveable?
2. Is anyone there for me when I need them?
3. Is anyone interested in what I have to say?

If a baby's overall experience with you is positive, it helps them bond with you.

You can answer your baby's three big questions by doing all of these things:

Showing LOVE through eye contact, cuddles and gentle stroke and being sensitive about when they have had enough and when they are enjoying what you are doing. LOVE helps your baby feel good about him/herself, builds strong bonds and a healthy brain.

It is really important to COMFORT your baby when he/she is upset. Your baby needs to know that you can be relied on to help when he/she needs you. Comforting again and again will help your baby to manage his/her feelings and behave better as they get older.

Show your baby that you're interested in what he/she has to say by taking some time to do things like baby talk, singing, reading, playing, peek a boo.

Respond when your baby tries to communicate, for example when he/she makes noises, make eye contact and copy.

BABY TALK and interaction help your baby build a strong bond and a healthy brain.

**Remember: YOU can answer your baby's three questions with:**

**LOVE, COMFORT and BABY TALK.**

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Everything that you are doing is affecting your baby's brain development and this may be information that you are already aware of but it's always reassuring to know if you are doing the right thing and amazing if you didn't know about how your baby's brain develops!