

BBC TINY
Happy
PEOPLE



Health Visitor

Tiny Happy People films
to deliver your key messages:

6-8 weeks check

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Developing a secure bond

Why is this important?

Being close and spending time together helps build a bond between you and baby. This in turn helps baby feel secure and confident to develop and learn.

What can you do?

Spend time together talking and playing. Touch your baby gently, tickle and stroke. Use a gentle voice. Sing songs and enjoy your time together.

Why touching and talking is so important for newborn babies:

<http://bit.ly/THPTouch>



Tune in to your baby

Why is this important?

Your baby relies on you to meet their needs to help them develop and grow. If you learn to read baby's cues you can react at the right time. This will make them feel more secure and settled in the long term. It will also strengthen the bond between you and help their brain to develop.

What can you do?

Try to work out what your baby's different cries and sounds mean - you will eventually tune into these over time but it's trial and error at first. Spend close time together and notice the faces your baby pulls, the sounds they make and the movements they make when they need something or want to interact with you.

Why face-to-face conversation is so important to babies' language development:

<http://bit.ly/befacetoface>



Responding to baby

Why is this important?

Babies give lots of cues long before they can talk through crying, cooing, babbling and moving. They need you to react to these in a positive way. This builds early interaction skills which are the foundation for communication and essential for making relationships with others.

What can you do?

Spend time face to face with your baby. Try copying your baby's sounds or tongue movements, pause and see if baby takes turns. Talk to baby, then wait, look and listen.

Cooing together:

<http://bit.ly/cooingtogether>



Talk to your baby right from the start

Why is this important?

Babies love to hear your voice and can recognise it from the start. They learn their communication and language skills from you and the words they hear. They learn to match what you are saying to what they are seeing and hearing.

What can you do?

Talk to your baby about everything and anything. Talk about the things they can see and hear and what you are doing. Everything you do is a language opportunity.

Talk to baby:

<http://bit.ly/Talktobaby>



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