

WAYS FOR NON-BREASTFEEDING PARENTS TO BOND WITH BABIES WHILST SUPPORTING THE BREASTFEEDING RELATIONSHIP



SKIN TO SKIN CUDDLES



CHANGE NAPPIES



TELL FAMILY STORIES



SING/WAIATA



WEAR BABY



PARTICIPATE IN THE
BEDTIME ROUTINE



MASSAGE/MIRIMIRI



ROCK, PAT OR GENTLY
BOUNCE BABY WHEN
UNSETTLED



DANCE/KANIKANI



KISS BABY'S FACE,
FINGERS, ELBOWS,
TOES, KNEES ETC



BATH OR SHOWER
WITH BABY



MIRROR BABY'S
EXPRESSIONS AND ECHO
THEIR SOUNDS

WHILST DOING ANY OF THESE THINGS, MAKING EYE CONTACT WITH YOUR
BABY AND EXPLAINING TO THEM WHAT YOU ARE DOING WILL TEACH THEM
ABOUT RESPECTFUL RELATIONSHIPS. A BABY IS NEVER TOO YOUNG TO START
LEARNING ABOUT THIS.



**FAMILY WITH NEWBORN BABY INSIDE:
WE TRULY APPRECIATE YOUR SUPPORT, SO DO COME IN IF YOU
KNOW WE ARE AWAKE AND IF YOU PLAN TO :**



FEED US



MAKE US CUPS OF
TEA



HUG US WHILE WE
CRY



MASSAGE OUR
SHOULDERS



COLLECT AND FOLD
THE WASHING



VACUUM THE
HOUSE



WALK THE DOG



ENTERTAIN OUR
OLDER CHILDREN

TELL US HOW
AWESOME WE
ARE RATHER THAN
WHAT YOU DID OR
WHAT YOU THINK
WE SHOULD DO

IF THIS IS NOT WHY YOU ARE HERE, THEN KINDLY "HAERE ATU", AND WE WILL BE IN TOUCH
WHEN WE ARE READY TO ENTERTAIN AGAIN - POSSIBLY IN A NUMBER OF YEARS

