

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.

