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.

Te Puawaitanga ki Ōtautahi Trust