

## 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.

