

## Simple ways to bond with your baby

Babies look to their caregivers for safety and comfort. From the moment they're born, caring touch and loving attention help build a strong bond. Every cuddle, smile and gentle response teaches your baby to trust and feel secure. For some parents, bonding is natural and for others, it develops slowly—and that's okay. What matters most is showing warmth and care every day.



Scan for more information, services and resources.

### Why Bonding is Important

Bonding is key to a baby's development and future relationships. Strong caregiver bonds help build self-esteem and self-regulation skills.

*"A strong bond helps your baby feel safe and valued, they are better equipped to explore the world, manage their emotions and build resilience. Children thrive when they know they can always return to a secure base—a caregiver who provides comfort, support and love."*

#### Kyoko Tavassoli

First Things First Program Specialist



### Cuddle and hold

Skin-to-skin contact after birth and keeping your baby close helps them feel safe, releasing feel-good hormones for both of you.

### Talk to your baby

Narrate everyday activities and pause for your baby to "respond," supporting early language skills. Leave a little more time than you'd expect for response.

### Comfort your baby

Crying is your baby communicating a need. Learn to address cues like hunger or a wet diaper, or soothe with swaddling, humming or gentle rocking.

Pregnant or just had a baby? **Get help** for your mental health.

The [National Maternal Mental Health Hotline](#) is free, confidential and here to help 24/7. Call 1-833-TLC-MAMA to connect with a trained counselor who can listen and provide helpful resources.