

Time together



Take time to listen to your child and communicate regularly. Show your interest in their thoughts and feelings.



Giving your baby or child lots of love and attention will help you become close. It will help your child feel calm and secure.



Cuddling and responding to your baby when they feel stressed helps them to feel safe.



Spending quality time together is a great way to build your relationship with your child. Set aside regular time for play or hobbies.



You won't spoil your child with too much love or too many cuddles. Lots of physical contact helps both you and your child to release the love hormone, oxytocin.



Scan the QR code for further information and ideas

