

3 to 6 months

Love and warmth

- ☐ Spending time face-to-face talking with baby
- ☐ Cuddling, holding and comforting baby
- ☐ Smiling and responding when baby looks at you, smiles or makes sounds to you
- ☐ Giving baby a gentle mirimiri (massage) after bathtime if they enjoy it
- ☐ Learning about the importance of your connection (attachment) with baby and how to grow this

Talking and listening

- ☐ Talking to baby about what's happening around them
- ☐ Using a warm, expressive voice when you're talking to baby
- ☐ Copying and responding to the sounds baby makes
- ☐ Sharing pukapuka, photos, pictures, stories and waiata every day
- ☐ Naming the people, objects and experiences baby is noticing

Guidance and understanding

- ☐ Remembering baby depends on you to help them feel safe and meet their needs
- ☐ Learning baby's cues for when they're hungry, tired, want your attention, or need a break
- ☐ Understanding that crying is normal and a way baby communicates with you
- ☐ Taking baby for their Well Child Tamariki Ora checks at 3 to 4 months and 5 to 7 months
- ☐ Getting health advice or medical help if baby is sick or you're worried about them

Limits and boundaries

- ☐ Keeping your home and car smoke and vape free
- ☐ Checking for safety wherever you go as baby becomes more mobile
- ☐ Looking after you too by resting as you can, eating nourishing kai and asking for some help if you need it
- ☐ Giving baby safe and age appropriate things to explore and play with
- ☐ Moving medicines, small object, cords and any other unsafe things out of reach
- ☐ Ensuring alcohol or other substances don't affect your ability to care safely for baby

Consistency and consequences

- ☐ Responding consistently to baby so they learn you're there for them
- ☐ Creating simple, familiar routines around feeding, play, nappy changes and sleep
- ☐ Learning baby's rhythms and adjusting their routines as they grow
- ☐ Repeating waiata, rhymes, games and routines baby enjoys

Structured and secure world

- ☐ Providing a safe sleep space for baby and following safe sleep guidance
- ☐ Giving baby safe floor play and movement time, sometimes without nappies on
- ☐ Protecting baby from loud noises, frightening behaviour, violence and unsafe environments
- ☐ Using a properly fitted, rear-facing car seat for every car ride
- ☐ Building a trusted circle of adults around baby who treat each other with respect

What feels important to you?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____