

Birth to 2 months

Love and warmth

- ☐ Learning and noticing the different ways to calm, comfort and soothe baby
- ☐ Holding, cuddling and gently rocking baby
- ☐ Having 'skin to skin' time with baby while they're awake
- ☐ Responding warmly when baby cries

Talking and listening

- ☐ Being curious about what baby may be communicating through their sounds, emotions, movements and expressions
- ☐ Talking and singing to baby
- ☐ Responding to baby's sounds and interactions
- ☐ Supporting siblings, whānau and friends to get to know baby

Guidance and understanding

- ☐ Asking for help when you need it
- ☐ Enrolling with a Well Child Tamariki Ora service and taking baby for their checks at 4 to 6 weeks and 8 to 10 weeks
- ☐ Getting medical advice if baby is unwell or you're worried
- ☐ Understanding that baby depends on you for all their needs
- ☐ Remembering that baby cries to communicate, not because they're naughty – responding to them every time they cry is not 'spoiling' baby

Limits and boundaries

- ☐ Watching and listening for baby's cues when they need a break, a sleep, some food, a cuddle or a nappy change
- ☐ Keeping your home and car smoke and vape free
- ☐ Knowing what helps you de-stress when you feel overwhelmed and exhausted
- ☐ Resting as you can and accepting practical support from trusted friends and whānau
- ☐ Eating regularly and looking after yourself physically and emotionally
- ☐ Ensuring baby is always cared for by an adult who is alert and sober

Consistency and consequences

- ☐ Establishing little rituals and routines such as talking or singing to baby on waking up or during nappy changes
- ☐ Doing things in the same order in a warm and familiar way so baby learns what to expect, especially at bedtime
- ☐ Understanding that it takes time for newborn baby to settle into routines

Structured and secure world

- ☐ Welcoming baby with a naming or 'welcome to the world' event connecting them to their family, whakapapa, whenua
- ☐ Protecting baby from loud noises, frightening behaviour, violence and unsafe environments
- ☐ Putting baby to sleep in their own bed or wahakura 'face up, face clear and smoke free'
- ☐ Using a properly fitted, rear-facing car seat for every car ride

What feels important to you?

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