



Every baby is different

Like adults, every baby is different. They may be easygoing and calm, or wakeful and active. They may settle quickly into a regular routine or be more unpredictable.

If they are fussy and unsettled, it doesn't mean they're being naughty or annoying you on purpose. Crying is their way of communicating – page 10 has more on this.

Here are some ideas to help you all get off to a great start:

- Give them lots of attention. You can never spoil a baby with too much aroha.
- Respond quickly to their crying so they feel safe and secure.
- Sing, talk and cuddle them to help their brain to grow and to build a strong bond with you.
- Smile at them lots – eventually they'll smile back!

Whānau say

“Just talking to pēpi so they get familiar and feel safe with our voices helps build a safe and secure world for them. Even if we can't hold a waiata note just sing because your voice is the voice pēpi loves and trusts.”

