

6 things babies need

There are 6 things that promote a strong relationship between parents, whānau and their tamariki. For a baby they might look like this:

Love and warmth

- Cuddling.
- Rocking and singing.
- Kanohi ki te kanohi attention.

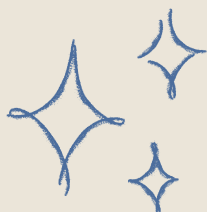


Talking and listening

- Learn to read their cues.
- Chat to them.
- Copy the sounds they make.

Guidance and understanding

- Meet their needs. They are dependent on you for everything.
- Help them to explore and learn with their eyes, ears, mouth, nose and hands.



Whānau say

“Don’t get in the habit of offering other food if they refuse what’s on their plate. Calmly remove it and consider dinner over.”



Limits and boundaries

- Help them to rest when they’re tired or overstimulated.
- Notice how they respond to people and places.
- Know your own limits and look after yourself.

Consistency and consequences

- Do things the same way each time, so they know what’s next, for example bedtime routines.
- Build routines that support their needs.
- Help them trust and love the key people in their lives.



A structured secure world

- Build a strong loving bond with them.
- Keep them safe from angry feelings and harmful situations.
- Give them safe places to sleep and play.