

Building a happy baby

Holding, smiling and talking to your baby releases a loving hormone in you and your baby. This makes you both feel calm and happier.

MYTH

Babies need lots of toys to keep them busy and help them learn.

TRUTH

Looking at your face is the best way for babies to learn. Talking, listening and smiling helps your baby's brain to grow.

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Keep your baby close to you so that you can learn how to meet their needs and read their signals for hunger or comfort

MYTH

It is important to get babies into a routine earlier as that makes your life easier.

TRUTH

New babies are not capable of learning a routine. Responding to their needs makes them feel secure and cry less.

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Holding a baby when they cry helps them grow into a confident and trusting toddler

MYTH

You should leave babies alone so they learn to be independent.

TRUTH

Babies left alone think they have been abandoned so become more clingy and insecure when you are around.

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New babies have a strong need to be close to their parents, this helps them feel secure and loved, like they matter in the world!

MYTH

Babies become spoilt and demanding if they are given too much attention.

TRUTH

When babies' needs for love and comfort are met, they will be calmer and grow up to be more confident.

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