

Being Dad, Being Proud

0-6
months

Hold your baby close, cuddle and rock them gently. Your baby is learning by watching you!

- talk and sing to your baby. This helps them get to know you and feel safe. Your baby likes to look at faces and listen to voices.
- look and touch different things with baby – help develop their thinking skills.
- give your baby lots of gentle cuddles to help them feel safe and protect their brain by supporting their head and neck.
- watch for tired signs – like crying, jerky movements and when baby is not looking at you – it might be time for a sleep!



Parent Line: 1300 1300 52
www.raisingchildren.net.au

For a safe sleep Put BUBs on their Back to sleep

- babies do not cry to 'get attention' or 'get at' their parents. They cry because they are hungry, wet, need a cuddle or need to sleep. Hold them close, cuddle and rock them when they cry.
- no matter how tired, angry or frustrated you feel – never shake a baby. If you feel upset, tell someone and get help.

**Babies like routine so try to do some things like
Bathing, feeding and sleeping at the same time every day.**

Playing together

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Playing and moving will help your baby grow – try soft toys, music, blocks and shapes. Dad time is important so give baby lots of attention!

- give your baby different safe objects to look at and feel – rough, smooth, soft and hard – but only things that are safe to go in their mouth. Soft toys, blocks or rattles are good.
- talk and play together on the floor, make faces and blow raspberries on baby's belly!
- try games where you copy each other (clap your hands and watch (baby do the same); hide and seek – hide under the table and call out to baby; once baby is crawling try chasing games – give baby a head start, crawl after them and catch them with a cuddle.
- listen to gentle music, play musical toys and sing to your baby. Remember loud music can frighten babies and damage their hearing.
- put baby on the tummy for a few minutes each day to help make the back strong for sitting and crawling.



**Talk, sing, laugh
and Play together.**

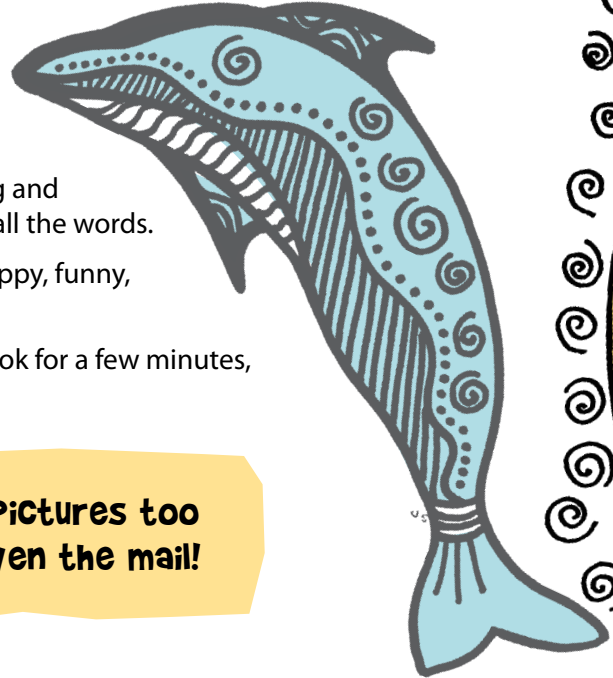


Reading together – now that's Deadly!

0-6 months

Reading is important – even for young babies. Make reading fun!

- choose books with thick pages and bright pictures. Black and white pictures and patterns are great for new babies.
- get comfy on the lounge or on the floor with baby in your lap.
- help your baby see – hold the book at arm's length away from your baby.
- look at the book and your baby when reading and talking about the pictures – no need to read all the words.
- change your voice to make it interesting – happy, funny, loud, soft, sad.
- don't worry if baby only wants to look at a book for a few minutes, this will increase over time.



Look and talk about other pictures too – Photos, magazines and even the mail!

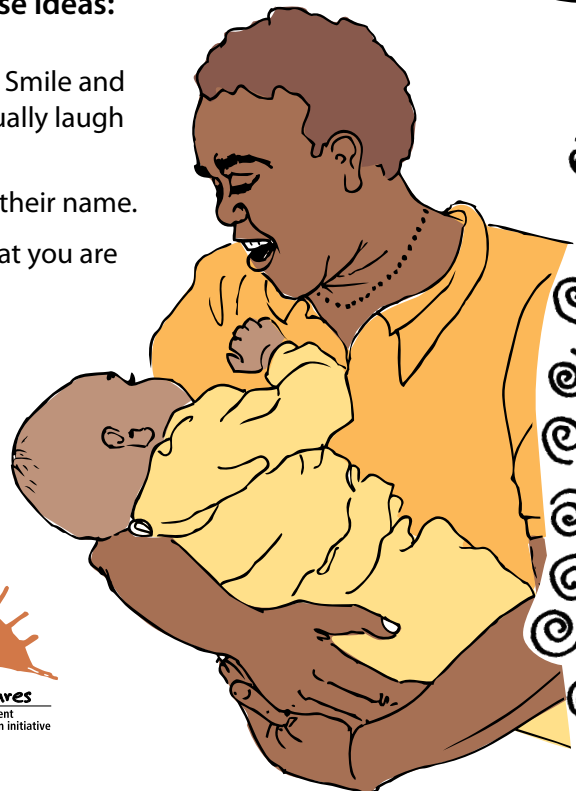
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Yarnin' is fun – talk to your Baby

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Talking to your baby helps them feel secure and teaches them to use words. Give your baby lots of attention. Try these ideas:

- make funny faces, sing and play peek-a-boo games. Smile and watch for your baby to smile back at you. Babies usually laugh by 3 months old.
- when baby makes a sound, smile, talk back and say their name.
- make up a yarn (tell a story) or talk gently about what you are doing – 'it's bath time' or 'lets change your nappy'.
- as baby grows they will start to talk 'baby language' and say short words. Repeat simple sounds like "maa" and "daa".
- sing songs and nursery rhymes in the car, in the bath and at bedtime. Singing is a great way to connect with your baby.



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