Being Dad, Being Proud

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!

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

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!

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!

Yarnin’ is fun – talk to your Baby

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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