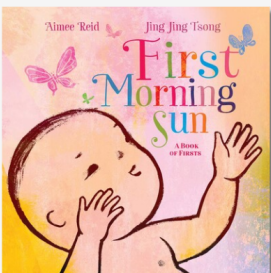
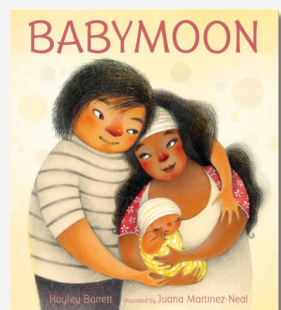
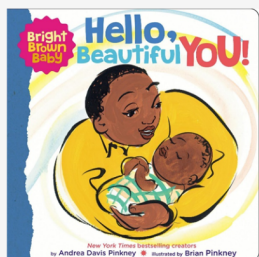
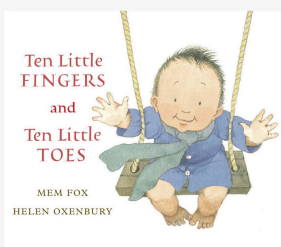
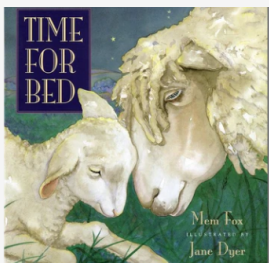
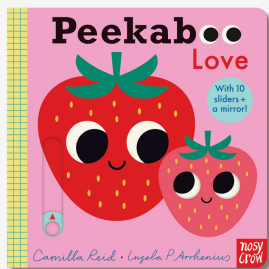


BOOKS FOR 3 MONTHS & UP



The bonding process is a personal experience. Learning about your newborn takes time and builds from everyday interactions with baby.

Reading with your baby is an excellent way in which you can spend time together:

- making eye contact
- singing & talking
- cuddling together
- mimicking baby's actions or noises

References:

1. Worldliteracyfoundation.org, "Bonding with Your Newborn Through Reading Books"
2. Kidshealth.org, "Bonding"

This project was created in partnership with:



Best Beginning



BONDING WITH YOUR BABY THROUGH READING



Bonding

Bonding is the emotional connection between a baby and their parent or caregiver. This connection lays the foundation for baby's later development.

Infants who form a secure bond are:

- more emotionally resilient
- better at regulating emotions
- able to share their feelings and seek support
- more likely to develop healthy relationships later in life

Here are some tips to get the most out of reading with your baby:

- **Get close** - snuggle up together when reading. Cuddle them, cradle them in your lap, whatever is the most comfortable!
- **Be interactive** - talk to your baby when reading, ask them questions or point to and name things. This will help them develop their vocabulary later on.
- **Read daily** - When you snuggle up with a book, you are giving your child the emotional and physical affection they need to form a secure attachment.



BOOKS FOR NEWBORNS

