

# Cuddle

“Feeling safe with you fills my body with special chemicals that help my brain to grow. The patterns that grow in my brain when you cuddle me will mean that all my life I will be able to feel safe with safe people. When I am close to you my body begins to work in tune with yours. When you feel excited or stressed your heart beats faster and so does mine. When you feel calm or happy your heart beats slower and so does mine”

## Some Suggestions

- Cuddle your baby as often as you like- babies can not have too much contact.
- Respect the spaces of infants as they grow older. There may be times when they don't want a cuddle but you should try to find other ways to provide reassuring contact.
- Toddlers love giving as well as receiving all these different types of physical contact.

## Remember

- Children need touch that soothes (cuddles) and touch that stimulates (tickles).

