

Respond

“I feel very scared if I get no response from you. When you look at me with love in your eyes I feel safe. Your voice helps me to feel safe. Being close to you helps me to feel safe.”

Some Suggestions

- Try to guess what your baby’s crying means and meet their basic needs- warmth and comfort, food, a clean nappy, sleep.
- Pass your baby objects they are interested in (if they are safe).
- Older children need to practice sorting things out for themselves, so wait and see can be a good first response.

Remember

- When your child has your full attention, their whole brain is working. When you are watching TV, texting, or talking on the phone, they don’t get this benefit.
- Children will know how you are responding to them by watching the expression, the way you use your hands and your body, and listening to the tone of your voice.

