

Find out more

Visit the Start for Life webpage for playtime activities and bonding with your toddler:



Visit the Start for Life or the [BBC Tiny Happy People webpages](#) for playtime activities and bonding with your toddler:



Please call into the Family Hub to talk further about any of the topics shared here.

Grow and Learn with Me

Helping your child feel loved and secure

Before they are even born, you can help your child to feel loved and secure. Babies are aware of sounds, touch and movement in the womb and will recognise your voice and other familiar sounds once they are born.

Experiences and relationships with you and the world around them will help to make connections and build their brains.

When children feel loved and secure they can confidently explore the world around them and learn.



Babies

How to help your baby feel loved and secure

- Everyday little moments count when you give warm and loving responses to your baby.
- This could be during routine care tasks such as changing nappies, bathing or during feeding as well as times when you are playing, singing and talking to your baby.

Why not try?

- Sing and talk to your baby before they are born so they get to know your voice.
- Cuddling releases a hormone which helps you and your baby feel loved and secure. Skin to skin cuddles have shown to sooth and calm babies.
- Try some baby massage when they are in your arms.
- Look into their eyes, see if they will copy if you pull a face or copy the noises they make to let them know you are listening to them.



Toddlers

Did you know?

- Spending quality time playing with your toddler will help to build a strong connection and relationship with them.
- It is normal for toddlers to experience separation anxiety when their main carers leave, even for short periods, however as they learn that you will return their confidence will increase.

Why not try?

- Spend time looking at photos of family and friends together.
- Dance together – it helps with physical and brain development and also your connection.

