

**You are the most important person to your baby.**

Your face, your smile and touch are the most important things for them right now. They want to connect and get to know you.

## Things to Try

Hold your baby and put your face close to theirs. Make silly faces, smile, stick out your tongue, yawn. Wait a few seconds and see if they do the same thing back to you.

Talk to your baby about what they are doing, seeing, and feeling. Talk about what you are doing together, say "I'm changing your diaper. You'll like being nice and dry! I love you!"

Hold your baby close in your arms. Sing songs softly and gently dance with your baby.



## What to Expect

**Sometimes your baby** will be fussy but only because they want our attention.

**Your baby "talks"** to you with noises and gurgles.

**Your baby looks at your face** and may look into your eyes for only a few seconds at first.