



How to Meet Your Baby's Needs

Physical Needs

- 1. Feed your baby when he/she is hungry, and change your baby when he/she is soiled or wet.**
 - Hold and talk to your baby as you feed him/her. Make eye contact, smile often, and speak in a soothing voice.
 - Talk to your baby about what you are doing as you change him/her. Sing little songs or nursery rhymes. You will be bonding and helping your baby hear the rhythm of language.
- 2. Put your baby down to sleep when he/she is tired.**
 - Speak soothingly to your baby as you lay him/her down.
 - Play soft music or sing to lull your baby to sleep.
- 3. Give your baby variety in his/her day.**
 - During alert times, occasionally alter your baby's physical position to give him/her a different view of his/her surroundings.
 - Carry your baby around with you when possible.
 - Alternate quiet activities with more vigorous ones such as reading your baby a book and taking your baby for a walk.

Emotional Needs

- 1. All children need to be comforted when they are upset.**
 - Hold your baby.
 - Speak soothingly and calmly.
- 2. Spend time with your baby and help him/her explore her world and get to know the people around him/her.**
- 3. Young children need consistent routines.**
 - Have a few routines and stick to them. This helps your baby make sense of the world and become confident that events happen in an orderly fashion. For example, having a bedtime routine can make falling asleep easier for your baby.
- 4. Be attuned to your baby.**
 - Let your baby see you happy or sad when he/she is feeling these emotions.
 - Your baby will learn that you can share the same emotions he/she has. This will help your baby learn to have empathy for others.