

Play
Learn
Grow

Getting to
know one
another



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In the first two weeks, there's lots of learning for you and your baby – especially about each other.

- Your baby seeks your attention: to feed, to get comfy, to sleep and to play. Responding to your baby quickly and lovingly shows them they can trust you.
- Holding, cuddling and lots of warm skin-on-skin contact is a great way to bond and get special time with your baby.
- Your baby loves the sound of your voice. Chat, read and sing to your baby. Use a calm, quiet voice to tell them what's happening.
- Look after yourself. Your Maternal and Child Health nurse can help you with questions about your baby and being a parent.

For more information, talk to your Maternal and Child Health nurse, call **13 22 29** or visit **raisingchildren.net.au**