

Attachment F: How Dad May Bond with Baby

Before Baby is Born:

- Talk to your baby.
- Sing to your baby.
- Play music for your baby.
- Help prepare for baby by setting up their room, crib, car seat, etc.

After Baby is Born:

- Hold or cuddle your baby.
- Sing or talk with your baby; they will find you and your voice comforting.
- Make eye contact with baby; keep your face close to theirs when talking or singing to them.
- Bathe baby, dress them or change their diaper.
- Play and interact with your baby as they grow and change.
- Feed your baby when mom is away or as they start solid foods.
- Take baby with you on your daily activities.
- Wear your baby in a sling or carrier when mom needs a break, when they are at work, etc.