

### **Attachment G: How Dad Can Contribute to Baby's Development**

- Touch and cuddle your baby. Touch is the earliest language baby learns.
- Talk to baby when you are taking care of them, i.e.- while changing their diaper.
- Be patient with baby, they are learning about the world for the first time and you are their teacher!
- Offer positive words of encouragement to baby, such as, "You grabbed Daddy's hand! Look at how you are growing!"
- Have fun and interact with your baby, playing peek-a-boo or helping them clap their hands after changing their clothes, etc.
- Hold baby during feedings and interact with them.
- Make eye contact and connect with your baby.
- Talk about what you see with baby, "Look at those apples! Do you want to hold one for me?"
- Read a book to baby and interact with them as you tell the story.
- Create routines with baby, such as, "Time to take a bath and then we'll get ready to go to bed," or "Let's change your diaper before you take your nap."
- Offer baby options, such as, "Which book would you like to read before bedtime," or "Do you want to hold the green ball or your teddy bear while Daddy changes you?"

Based upon material developed for the Office of Head Start:

Mackrain, M., Hepburn, K., & Perry, D. (2012). Social Emotional Tips for Families with Infants. Retrieved from: <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/s-e-tips-families-infants.pdf>