




cuddle

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Every day, in every way,
babies **cuddle.**





Smooch, baby,
smooch.



Cuddle Tips for Parents and Care Providers

- ♥ Your baby's understanding of the world and her place in it starts through *relationships*. The parent-child bond is a source of comfort, protection, and of course cuddling. But other adults—such as grandparents and caregivers—help babies learn about connection, too.
- ★ Make sure you're meeting your baby's needs for food, comfort, and love—this creates a sense of security that is essential to every baby's social-emotional growth. Speak soothingly to your baby during feedings and diaper changes. Offer frequent hugs and kisses as you go about your day.
- ♥ Cuddle time can help your baby calm down after an upset or get ready for naps and bed. Make cuddling a frequent part of your daily routine.
- ★ Use eye contact when you cuddle to create a stronger connection. Make funny faces, sing songs, speak soothing words, and smile. This is how babies learn social interaction.

- ♥ Gentle touch is so important to babies. They enjoy—and benefit from—being rocked, rubbed, cuddled, snuggled, and held. Some parents even learn the techniques of baby massage. Soothing your baby through touch helps *you*, too! You'll feel calmer, and the interaction brings the two of you closer.
- ★ As your baby grows, try peek-a-boo and turn-taking games while you cuddle. Enjoy all those moments when your baby cuddles you back.

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