



Bonding with your Baby

Bonding with your baby is different for everyone. Some mothers (and these are the examples we hear all the time) bond instantly and talk about love at first sight as soon as the baby is born – yet for many of us this is not the case! Often the mother has been working for many hours to get the baby out and simply wants a shower or to sleep – this is perfectly normal! The baby can be cuddled by your partner or birthing support.

There is plenty of time for bonding to happen, the key is not to pressure yourself, and try and go with the flow. Reach out to your partner so that they can have time with the baby if you need a break or some much needed sleep. Sometimes the baby might not sleep very well in the first few weeks or months. In this case – ask your partner or close friend for help, involve relatives and let them have some time with the baby.

Some of us really feel the bonding moment, like when the baby is born or when they first start to breastfeed or when they first really look at you and smile. While others can't recall a moment but feel gradually connected a few months after the birth. There is no right or wrong way and what bonding means to one person, means something completely different to another. Spending quality time caring for your baby is all that needs to happen, don't put pressure on it just rely on your instincts.