



## How partners can bond with babies in the early days

Bonding can be challenging for partners in the early days as babies are naturally focused on their mum. Try to grab any opportunity with the baby when your partner wants a break, like early in the morning to give your partner a sleep, or when your partner wants a shower or a walk etc. Skin to skin contact can also be a really lovely thing to do with your newborn; they love the warmth and closeness that the skin contact provides. Many choose to do this straight away when the baby is born but really anytime in the first few weeks will be just as good.

Discuss with your partner what role you can take, whether its bottle feeding, settling to sleep, changing, bathing etc. Have a role that you can own, this can change, but be clear and open about how involved you want to be so your partner is aware of this.

Don't worry, you can't spoil a new baby, just try to meet its needs and be patient. The first few weeks when you are all learning how to be with and around each other can be challenging – but it does get easier. Crying newborns are telling you what they need – it's way too early for boundaries or discipline – aim for a gentle flexible routine. Generally babies like to; feed – play – sleep in an ongoing cycle.

So long as they are safe, reasonably happy, fed, and cleanish... you are doing it right.