



Love and nurture builds your baby's brain



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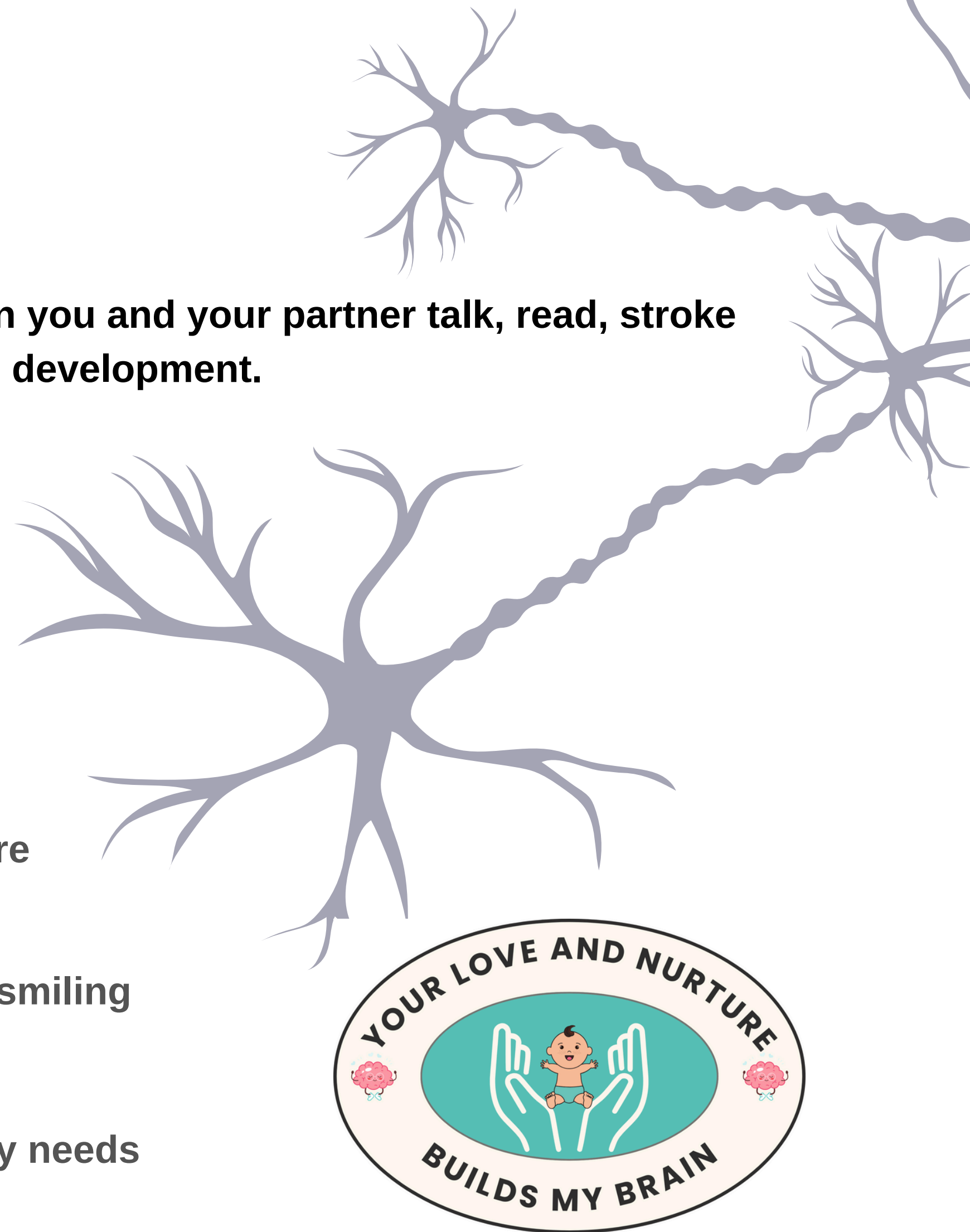
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Your baby's brain

Love and nurture build your baby's brain. During pregnancy when you and your partner talk, read, stroke your bump or play music to your baby you are helping their brain development.

You cannot spoil your baby! They say ...

- ✓ I will recognise your voice from birth.
- ✓ When you respond to my cues for feeding and comfort it helps me feel safe and secure which means I will cry less.
- ✓ Feeding me is a special time to show me your love and care as you interact with me.
- ✓ I learn best by looking at your face. Talking, listening and smiling triggers oxytocin and helps my brain to grow.
- ✓ I will be calmer and grow up to be more confident when my needs for love and comfort are met.



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