

Bonding at feeding time

- Feeding time is the best time to bond with the baby
- It takes 7-10 days to get to know the exact & comfortable way to feed.
- Most important is the bonding between mother and the baby helps in child's physical & mental development.
- Both the mother & the baby will feel the sense of security and self esteem
- Exclusive breast fed babies are better handled than top fed babies
- Skin to skin contact develops the unique bond between the mother & the baby
- Holding and enveloping him in your arms & securing the baby gives him more assurance and security
- Eye to eye contact and talking soothes him
- Stroking his head, arms, legs gently always reassures him
- The baby always recognizes the mother by the sense of smell first
- Holding the baby in comfortable position for both the mother & the baby is important
- Lullaby is an added music to the ears for the baby, develops his sense of hearing.

