



Getting in Sync with My Baby

Handout JS26

As a parent, reading your baby's cues and responding to them in loving and developmentally supportive ways is so important to their development. Before all of the brain development can happen, infants need to feel that they can trust that their needs will be met through their secure attachment relationship with you.



One way you can develop your baby's secure attachment with you is to use *E-Parenting* many times throughout the day. When you ask yourself the *Getting in Sync* questions in your everyday routine, it will help you to remember to practice your *E-Parenting* skills.

To help you tune into your infant's changing cues and signals use the questions below all throughout the day to "*get in sync*" with your baby.

- 1. ? What is my baby _____ right now?
- 2. ? What _____ are telling me this?
- 3. ? Is my baby feeling _____? If so, why?
- 4. ? What does my baby _____ from me right now?
- 5. ? What _____ could I use to _____ for them what they're telling me?
- 6. ? How can I use my _____ to communicate to them: _____?
- 7. ? What else could I do to _____ with my baby?



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To help you tune into your infant's changing cues and signals, use the questions below all throughout the day to "get in sync" with your baby.

- ❓ What is my baby feeling or experiencing right now?
- ❓ What cues are telling me this?
- ❓ Is my baby feeling stressed out? If so, why?
- ❓ What does my baby need or want from me right now?
- ❓ What words could I use to describe for them what they're telling me?
- ❓ How can I use my voice and touch to communicate to them: "I understand and care."?
- ❓ What else could I do to comfort, help or have fun with my baby?

