



## Getting in Sync with My PreBirth Baby

### Handout JS24

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 during the day, take a few minutes to really be with your baby by doing the following:

#### For the Expectant Parent:

- Get in touch with: \_\_\_\_\_.
- Ask myself how \_\_\_\_\_ are affecting my baby. What cues is my baby giving that tell me they're reacting to my emotions?
- If I'm feeling \_\_\_\_\_ and my baby is \_\_\_\_\_, take a minute to \_\_\_\_\_ with my baby about how we're both feeling, saying something like: \_\_\_\_\_.
- If you're feeling: \_\_\_\_\_ take \_\_\_\_\_...do something to make yourself feel better.
- Tell your baby \_\_\_\_\_, saying something like: \_\_\_\_\_.

Continued



### For the Expecting Partner:

- Get in touch with: \_\_\_\_\_.
- Ask myself how \_\_\_\_\_ are affecting my partner and my baby.
- If I'm feeling \_\_\_\_\_ and this is having a \_\_\_\_\_ influence on my partner and my baby seems \_\_\_\_\_, take a minute to \_\_\_\_\_ these feelings with my baby, saying something like: \_\_\_\_\_.
- If you're feeling \_\_\_\_\_ take \_\_\_\_\_...do something to make yourself feel better. In the end, your partner and baby will feel better, too.
- Tell your baby \_\_\_\_\_, saying something like: \_\_\_\_\_.



*Remember to use  
Getting in Sync  
many times a day!*



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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 during the day, take a few minutes to really be with your baby by doing the following:

#### For the Expectant Parent:

- Get in touch with how you're feeling physically and emotionally.
- Ask yourself how your feelings are affecting your baby. What cues is your baby giving you that tell you they're reacting to your emotions?
- If you're feeling great and your baby is content, take a minute to talk with your baby about how both of you are feeling, saying something like: **"We're having a great day, aren't we? I'm feeling happy and you're just relaxed and content as you can be."**
- If you're feeling hungry, emotionally exhausted, angry, or tired, take action...do something to make yourself feel better.
- Tell your baby why you're taking these actions, saying something like: **"Baby, I don't want you to be upset or stressed. I'm doing this because I love you and want to protect you."**

Continued



### For the Expecting Partner:

- Get in touch with how you're feeling physically and emotionally.
- Ask yourself how your feelings are affecting your partner and baby.
- If you're feeling great and this is having a positive influence on your partner and your baby seems relaxed or content, take a minute to share these feelings with your baby, saying something like: "We're having a great day, aren't we? I'm feeling happy and you're just relaxed and content as you can be."
- If you're feeling hungry, emotionally exhausted, angry, or tired, take action...do something to make yourself feel better. In the end, your partner and baby will feel better, too.
- Tell your baby why you're taking these actions, saying something like: "Baby, I don't want you to be upset or stressed. I'm doing this because I love you and want to protect you."

