

NEWBORN VISIT

- 1 FACES** Babies see best up close, so put your face close to theirs. Faces are a great toy for newborns to learn from.
- 2 RESPOND** Respond to your baby's cries. This is the best way to build your relationship and trust. Remember, you **CAN'T SPOIL A BABY BY RESPONDING TO THEIR CRIES.**
- 3 SLEEP** Sleep is so important for early brain development. Keeping a newborn awake during the day will not help him sleep better at night. To keep your baby from getting too tired, try to get your baby to sleep after being awake for 1.5-2 hours.
- 4 SPORTSCAST** Act like a sportscaster on TV and tell your baby everything you are doing and everything going on around them. Fill your baby's day with words. This teaches them early language skills.
- 5 TOUCH** Touch is so important to build your baby's brain cells and to help your baby feel loved. See below to learn why it's important and what you can do.

Get Close

Vroom™ Tip: Hold the baby on your chest, skin to skin. Use your senses to observe your new baby. Are they already gaining strength to lift their head slightly to interact? You can listen to your baby's breathing, feel your baby's heartbeat, and watch your baby's head and chest move. Notice the smell of your new baby. See how your baby calms against your chest with your touch?

Brainy Background

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When you spend time bonding with your baby like this, you calm them and your baby is helping to calm you, too! Just like you, newborns use all their senses to explore and understand the world around them. They want to learn more about their most important people—YOU! For more tips like these, download the free app at www.Vroom.org!