

Material for Week 4

Please print out this document and cut along the dashed lines.



CHAT TO BABY

DESCRIBE WHAT YOU ARE DOING

E.g., "See? Now I am undoing the buttons. And now I give you a big fat kiss on your tummy. Then I open up your nappy's straps..."

DESCRIBE WHAT BABY SEES

E.g., "Oh what are you looking at? Are you watching the colours on my t-shirts? Or are you admiring the patterns of your mobile?"

DESCRIBE YOUR FEELINGS FOR YOUR BABY

E.g., "I love the way you listen when I talk to you. I really have the feeling you are thinking about it. It makes my heart melt" or "Today I feel very tired. I find it so difficult to relax at night knowing that you might call every second. You have loads to learn as a baby...and so do I as a parent"

GO OVER YOUR DAY

E.g., "Let us think, what did we do today? First of all we woke up and had that lovely long cuddle in bed, then I had breakfast while you were sleeping in the sling, then we went to the supermarket..."