



First Baby

Welcome

We believe in families and we believe in you! This time with us is a peep into the day by day realities of life with a new baby. It is a chance to think about the kinds of parents you want to be and the family you want to become.

Relationships

Like you, your baby is a complex changing person and not an object or project. Step one of their 'baby manual' is developing relationships. This is a two way process of learning from each other and growing together in your new roles.

Needs

Your baby's needs are simple, repetitive and seem urgent. To survive, all babies in all cultures and times need:

- food
- love
- rest and stimulation
- shelter
- safety

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Principles of care

A parent is a unique mix of various roles. Every baby's manual includes these beginning 'instructions':

Guide me as I adjust through

- gentle handling
- taking very small 'steps' with me
- anticipating needs and meeting them early

Nourish me with

- food for my body
- love for my spirit
- rest and stimulation for my mind
- understanding for my feelings

Protect me from

- fears and frustrations
- accidents and illness
- abuse and neglect

Communicate closeness in

- tender touch
- holding and carrying
- language, laughter and song

Respect me as unique by

- observing, listening, learning
- sensing my cues and cries
- having realistic expectations

Confidence

Your baby needs to feel your confidence so that they can develop trust in you. Confidence can be challenged in the first weeks when it seems that everything is new and everyone is watching. We have built in personalised follow-up to this course to strengthen your beginning confidence.

Very soon you will become expert in reading your baby, making decisions about what is best and learning your way from stage to stage, as a family.

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