



## 25 THINGS EVERY BABY WOULD WANT YOU TO KNOW





# Being accepted



**FROM 25 THINGS EVERY BABY WOULD  
WANT YOU TO KNOW**



**1. I MIGHT NOT BE THE BABY YOU IMAGINED BUT I'M A  
UNIQUE PERSON WITH MY OWN WAY OF BEING IN THE WORLD**





## 2. TAKE TIME TO GET TO KNOW ME, MY LIKES, MY NEEDS, MY EXPRESSIONS, MY LITTLE WAYS





**3. IT WILL TAKE TIME FOR US TO GET TO KNOW EACH OTHER.  
I DON'T NEED YOU TO BE PERFECT, JUST TO KEEP TRYING**





*Relating  
to me*



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## 4. I AM READY TO INTERACT WITH YOU FROM THE MOMENT I'M BORN, INTERACTIONS GROW MY BRAIN





## 5. I LOVE TO LOOK AT YOUR FACE AND HAVE CONVERSATIONS WITH YOU





**6. I ALSO LOVE IT WHEN YOU JUST LISTEN TO THE SOUNDS  
I MAKE AND REFLECT THEM BACK TO ME**





## 7. WATCH FOR MY RESPONSE TO EVERYTHING THAT YOU SAY AND DO







*Following and  
playing with me*



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**8. I LOVE IT WHEN YOU PLAY WITH ME, ESPECIALLY WHEN YOU TAKE TIME TO NOTICE WHAT I'M INTERESTED IN**





## 9. THE WORLD IS ALL NEW TO ME, HELP ME TO EXPLORE IT





**10. I REALLY ENJOY TURN-TAKING INTERACTIONS AND ALSO  
HAVING TIME TO LOOK AWAY AND TAKE A BREAK**





## 11. RELAX AND ENJOY BEING WITH ME, THIS MAKES ME FEEL LOVED





*Feeling  
safe*



**FROM 25 THINGS EVERY BABY WOULD  
WANT YOU TO KNOW**



## 12. I FEEL SAFE WHEN YOU ARE GENTLE AND PREDICTABLE





## 13. I CAN FEEL WHEN YOU ARE ANGRY WITH ME





14. IT'S OK TO ASK FOR HELP





**15. PLEASE LOOK AFTER YOURSELF, THIS WILL HELP YOU  
TO LOOK AFTER ME**







*Comforting and  
understanding me*



**FROM 25 THINGS EVERY BABY WOULD  
WANT YOU TO KNOW**



**16. I DON'T YET USE WORDS, BUT I AM TRYING VERY HARD TO TELL YOU WHAT I NEED WITH MY ACTIONS**





**17. GUESSING WHAT I AM NEEDING OR FEELING AND THEN SAYING IT ALOUD GENTLY CAN SOOTHE ME**





**18. SOMETIMES YOU BEING WITH ME, YOUR SMELL, TOUCH  
AND WARMTH IS ALL I NEED EVEN IF I DON'T STOP CRYING  
IMMEDIATELY**







*Sleep and  
me*



**FROM 25 THINGS EVERY BABY WOULD  
WANT YOU TO KNOW**



**19. PLEASE DON'T LEAVE ME TO CRY FOR A LONG TIME ON MY OWN. IF I CRY LOTS, I NEED YOU TO STAY WITH ME UNTIL I AM CALMER**





**20. I LEARN FROM YOU SOOTHING ME. AS I GET OLDER, I'LL  
BE ABLE TO SOOTHE MYSELF BACK TO SLEEP**





**21. SOMETIMES I WILL SLEEP FOR A LONG TIME, SOMETIMES FOR SHORT PERIODS. IT DEPENDS WHAT'S GOING ON INSIDE ME. MY SLEEP PATTERNS WILL CHANGE A LOT AS I GROW**







# *Transitions and Separations*



**FROM 25 THINGS EVERY BABY WOULD  
WANT YOU TO KNOW**



**22. WHEN YOU NEED TO LEAVE ME WITH SOMEONE, CHOOSE  
SOMEONE WHO WANTS TO BE WITH ME AND IS SAFE,  
ATTENTIVE AND KIND**





**23. I WILL BE OKAY WHEN YOU LEAVE ME. I JUST NEED SOMEONE WHO UNDERSTANDS THAT PARTING IS HARD AND WILL HELP ME TO FEEL SAFE UNTIL YOU COME BACK**





**24. WHEN YOU CAN LEAVE ME WITH THE RIGHT PERSON,  
I WILL BE FINE AND WE WILL BOTH FEEL HAPPY AND RELAXED  
WHEN WE SEE EACH OTHER AGAIN**





# Brain Growth & Health



**FROM 25 THINGS EVERY BABY WOULD  
WANT YOU TO KNOW**



## 25. MY BRAIN THRIVES ON LOVE, RESPONSIVE ATTENTION AND CALMNESS



**Baby's Brain Health = Infant Mental Health**  
**The Association for Infant Mental Health**  
**Celebrating 25 years 2021**

<https://aimh.uk>