

BEING ACCEPTED



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



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 NOISES 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



8. I LOVE IT WHEN YOU PLAY WITH ME, AND 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 TAKING TURNS TO INTERACT AND ALSO NEED TIME TO LOOK AWAY AND TAKE A BREAK.
11. RELAX AND ENJOY BEING WITH ME, THIS MAKES ME FEEL LOVED.



FEELING SAFE



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



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



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 REALLY SHORT PERIODS. IT DEPENDS WHAT'S GOING ON INSIDE ME. MY SLEEP PATTERNS WILL CHANGE A LOT AS I GROW!



TRANSITIONS & SEPARATIONS



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 TO UNDERSTAND 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



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



BABY'S BRAIN HEALTH = INFANT MENTAL HEALTH
The Association for Infant Mental Health – celebrating 30 years

<https://aimh.uk>

