

HELP ME FIND COMFORT, DAD

Speaking for the Baby x SMS4dads Campaign

Help me self-soothe

Right from the get-go, your little one is learning how to settle themselves down. Of course, they can't do this without plenty of help from you, Dad. Newborns usually need lots of close contact, cuddles, rocking and gentle shushing, singing and talking to help them find calm. Babies often suck their thumb or hand to help them calm, it is one way babies can chill out themselves. Learning your baby's cues for when they need some help to settle down will make life easier for both of you.

When your baby is looking stressed, before they get upset, you can support them by:

- Helping them find their hand or thumb
- Holding their hands together at centre of their body, around the chest area
- Helping them find their ears, which they might stroke for soothing

How much support your baby needs will depend on their age, their temperament, and even the time of day. Some babies have more sensitive nervous systems and so react more to fabrics touching their skin or noises. These babies usually get upset more easily and need more support to regain calm.

I'm chilling out, Dad!

Just because I'm sucking my hands doesn't always mean I am hungry. It might be my way of chilling out.



Reassure me, Dad

I might need some reassurance from your voice or touch to resetttle if I wake in the middle of my sleep Dad.



Shhh...
Shhh...

Help me find my way back to sleep

When your baby stirs but might need more sleep, you can help them by gently:

- Reassuring them with your voice
- Shushing
- Singing
- Patting

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