

d. Getting Attached

MODULE 7

You have probably begun to bond with your baby before his or her birth. The father is equally capable of bonding with his child. We must, therefore, give him this opportunity during the first minutes after birth.

Certain people feel this bond for their baby immediately after birth while others get attached progressively. The difference is similar to love at first sight and falling in love.



Here are a few tips to help develop a strong bond between you and your baby.

Getting Attached

- **Keep your baby with you unless there is a medical reason not to. It is best not to be separated from your baby in the moments following his or her birth.**
- **To provide skin to skin contact, hold your baby naked on your naked chest and abdomen.**
- **Lower the lights so that the baby can open his or her eyes.**
- **Hold your baby against you and close to your face so that he or she can see.**
- **Speak to your baby slowly in a soft voice using a normal tone.**
- **Gesture slowly with your new baby.**
- **Offer your breast as soon as your baby seems to be hungry.**
- **Make certain your partner is included in this process of "getting attached".**