



Llywodraeth Cymru
Welsh Government



Top tips



for parents of babies



**Magu plant.
Rhowch amser iddo.**

**Parenting.
Give it time.**

This advice promotes positive parenting - a parenting style that focuses on what your child is doing right and their strengths.

All children need boundaries and discipline. Positive parenting is based on creating this with warmth and respect between parent and child.



What can I do to help my baby's development?

It is your love, affection and closeness that helps your baby's brain to grow and develop skills like holding a toy, crawling, taking a first step and saying their first words.

Have fun

Spend time outdoors together, sing a nursery rhyme, talk about the things you do and see. Close contact triggers a hormone called oxytocin, which makes you all feel happy. Have lots of cwtches every day.

Quiet time

Create a safe and comfortable space for you and your baby to enjoy quiet time together. Spaces with minimal stimulation help babies to process information in a calm environment. It's a great time for you to relax and breathe too.

Communicate

Your baby communicates with you in lots of ways. Responding to your baby's signals can help you work out what they need and want from you. Do they suck their fingers when hungry or rub their eyes when tired?

Why does my baby cry?

Crying is your baby's way of telling you what they are thinking and feeling, but sometimes that can be stressful. Your baby may cry when they are:

1. Hungry

If it has been an hour or more since the last feed.

2. Lonely

Your baby feels safe when they can see your face, hear your voice, smell you and feel your touch.

3. Wet or dirty

Check their nappy.

4. Tired

Try gentle rocking in a dimly lit room.

5. Uncomfortable

Because of something scratchy like clothing tags or a zip or struggling with wind.

6. Unwell or have a fever

If they have a high temperature, they may have an illness.



If you think there's something wrong, visit www.111.wales.nhs.uk

Tips to support you to comfort your baby:

1. Hold your baby close, smile at them, talk, sing or hum.

2. Try stroking your baby's back or gently sway to create a rhythm that is reassuring.

3. Skin to skin contact like baby a massage can soothe your baby and you may find it relaxing too.

4. Give your baby a bath or try going for a walk or drive together.

5. Remember to never shake your baby. This can damage their brain.

Any physical punishment is illegal in Wales.

6. If it is getting too much for you, put your baby in a safe place and leave the room for just a moment until you feel calmer. Ask a friend or family member to care for your baby for a while so you can have time to feel better.



How can I deal with biting?

Your baby loves to explore new things, and they don't understand that biting can hurt people. They will usually grow out of it.

Your baby may bite if they are:

- In pain because they are teething.
- Frustrated, excited or angry and don't have the words to express their emotions.
- Seeking connection from an adult.
- Over-tired.



Tips to help reduce biting:

- Provide plenty of safe items to bite on, such as teething rings or crunchy snacks like carrot sticks.
- Support your baby to express their feelings.
- Play every day. Go to the park, play in the garden or put some music on and dance together.
- Give your baby some choices so they will feel a sense of control.

Where can I get support?

There's more detailed positive parenting information for your baby available [here](#).

It's important to look after yourself too. It's ok to ask for help. More advice on that [here](#).

The Community Advice and Listening Line (C.A.L.L) call free on 0800 132 737 (confidential 24-hour service) or email call@helpline.wales. C.A.L.L offers emotional support on mental health and related matters.

If you found this helpful, we have more top tips and information available [here](#).