



Bondin wi yer wee ane

Yer bairn's amazin brain

Bi the time they're born, bairns awready hae billions o brain cells – but maist arenae connectit. Their brains build connections fest, creatin up tae a million new anes ivery saicont. An yer everyday actions help mak thae connections.

Yer baby is born ready tae connect wi ye. They can hear an distinguish ivery sound in ivery leid until around 6–8 months, when they stert tunin intae their native leid(s). Bi 18 months, they can learn a new word ivery twa wakin oors!

Bondin throu everyday moments

Ivery interaction helps yer bairn feel safe an loved, which supports their ability tae soothe theirsels an builds confidence an resilience.

The mair attention ye gie, the mair ye'll understaund their smiles, babblin an tears, makin it easier tae meet their needs an build trust.

Simple ways tae bond

- Pick them up when they need comfort – there's nae sic thing as ower much couryin in!
- Chat an play ivery day – yer voice an face are their favourite things.
- Pit yer phone awa an turn aff the TV – yer baby focuses best wioot distractions. It is recommendit that bairns an infants unner 2 dinnae hae ony screen use unless on a video caw wi a loved ane
- Tak care o yersel an aw – yer wellbein maitters. If ye're vexed, talk tae yer health veesitor or GP.

Find mair advice an tips at
parentclub.scot/baby-development



Find mair advice on usin
phones aroud wee anes at
parentclub.scot/baby-screen-time

