

Nurturing Routines

You can begin to establish nurturing routines the moment you bring your baby home! A nurturing routine helps establish consistency, positive self-esteem, positive self-concept, trust, and empathy.

Bath Time

- Keep bath water warm- not hot
- Maintain a consistent bath time when possible
- Always keep a hand on baby while bathing
- Make bath time fun- encourage play
- Communicate with baby- “I am going to wash your hair”
- Use mild soaps and shampoos



Bedtime

- Establish consistent nap and bedtime during baby’s early months.
- Start bedtime with a clean diaper
- Dim lighting
- Read your baby a story
- Sing lullabies
- Snuggle and rock your baby
- Massage baby to increase relaxation

Diapering and Dressing Time

- Create a calm & clean diapering area
- Keep baby warm while changing
- Begin and end a diaper change with a hug
- Maintain eye contact with your baby
- Soothe a fussy baby during changing time
- Take your time
- Sing a song
- Be silly
- Smile at baby
- Choose comfortable & non-restrictive clothing

Feeding Time

- Provide your baby with a comfortable eating environment
- Cradle your baby while feeding
- Make eye contact
- If bottle feeding- hold the baby’s bottle yourself
- Keep baby skin to skin while breastfeeding or bottle-feeding.
- Encourage your baby to begin to feed him/herself around nine to ten months.
- Allow toddler to reject food