

Getting to know your baby through what you see

a gentle guide



1



Believe

Your baby is always communicating – even without words. Their behaviour has meaning.

2



Slow down

Take a small pause before you act. Even a moment of stillness helps you notice more.

3



Observe with curiosity and wonder

Watch your baby with openness. Notice face, body, movements, and responses – without rushing to judge or fix.

4



Interpret gently

Begin to make sense of what you see. What might your baby be feeling or needing right now?

5



Empathise

Try to imagine the world from your baby's perspective. What might this moment feel like for them?

6



Respond

Let what you've noticed guide your care. Respond in a way that feels calm, sensitive, and supportive of your baby.

**You don't need to get it perfect.
Seeing the baby is a process of noticing, learning, and connecting over time.**

