

Parent/caregiver

Caregivers respond with love, curiosity, and attention, observing their baby's signals and letting these guide their responses.

Understanding a baby's behaviour develops over time—parents gradually become familiar with what their baby is communicating.

It's also normal for responses and cues to not always match perfectly; mismatches are part of learning and connecting.

Baby

From birth, babies give out signals about who they are, how they are feeling, and what they need through their behaviour.

A baby's behaviour is not random—every movement, sound, expression, and response has meaning.

As Dr Brazelton said:
"A baby's behaviour is their language, and you can trust that language."



Attunement in Action

Practitioner

Practitioners can support attunement by helping caregivers notice and understand their baby's behaviours. Tools like the Newborn Behavioural Observations (NBO) can guide this process.

- Sensitising: Helping parents interpret their baby's cues and their meanings.
- Empowering: Affirming attuned interactions and recognizing all the strengths and knowledge parents already have.

Especially important when barriers to attunement exist, such as stress, mental health challenges, or lack of support.