

Steps to Support Attunement With Your Baby

Step One: Know and Believe

Know and believe that babies communicate through their behaviour—from the moment of birth. Their behaviour helps them connect with us and show us who they are, what they feel, and what they need.



Step Two: Observing with Curiosity

Take time to observe your baby with openness and curiosity. What might they be telling you?

Step Three: Respond and Connect

Let your baby's cues—along with your instincts and growing understanding—guide how you respond.



Step Four: Keep Learning and Loving

Attunement isn't about always getting it perfectly right. Sometimes there will be a mismatch or misunderstanding between your baby's signals and your responses—and that's okay. What matters is noticing, reconnecting, learning over time, and most of all, loving.

