

Connect with your...

Baby on the way

Pregnancy is a great time to learn about attachment. Building a connection with your baby can begin even before your baby is born.

Attachment is the connection that children form with their main caregiver, usually their parent. Attachment starts at birth and forms slowly during the time you spend with your child. Attachment influences development, learning, feelings and close relationships throughout life.

A strong connection is important to help your baby feel safe and secure. Your baby can have a strong attachment to more than one person!



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During pregnancy:

- Talk, tell a story, or sing to your baby.
- Encourage your partner/support person to feel baby's movements.
- When baby moves, daydream about what you will do together.
- Talk to your partner or close friend about your thoughts and hopes for your baby.

Did you know?

- Babies can hear and recognize voices by the second trimester.

Call Durham Health Connection Line if you would like to speak to a nurse about supports during pregnancy.



HEALTH
DEPARTMENT
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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/parenting



YouTube



If you require this information in an accessible format, contact 1-800-841-2729.