

# Tips for Bonding With Your Baby

Now, a Health Minute.

After having a baby, you may expect to feel a strong emotional connection with your child right away. But sometimes that's not the case. For some parents, bonding can take a bit of time—maybe even days or weeks.

To help build a bond with your new baby, try these tips: Touch skin-to-skin, such as resting your baby on your chest; Make eye contact often; Read, talk, or sing to your baby; Mimic your baby's sounds; Take part in feedings; Or give your baby a bath.

Bonding is a process. Interacting daily with your child will build and strengthen your bond over time.