

# What do Babies Need?

- to be held and touched/warm nurturing touch
- to look at faces – direct eye contact
- to play – 30 minutes every day is ideal, include some tummy time but not the entire 30 minutes
- to have interaction when awake – keep baby involved throughout the day
- to communicate with you – babies communicate primarily by crying – different cries may mean different things
- to be on a schedule but the schedule will change as the baby grows older



Families are Magic 

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