

## Breastfeeding Tip



© Nutrition Matters, Inc. All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.

## ways to bond with your baby in between breastfeeding

- **Talk and sing to your baby.**  
Babies love hearing different voices.
- **Read to your baby every day.** It will boost your baby's brain development!
- **Carry your baby.** A sling or front carrier can be used when your baby is big enough. Take walks together.
- **Play games.** Play peek-a-boo, make silly faces and lay on the floor together for tummy time.

*As your child grows,  
your bond helps them do better  
in school, be more connected  
to family and friends and have  
a higher self-esteem.*

## Breastfeeding Tip



© Nutrition Matters, Inc. All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.

## ways to bond with your baby in between breastfeeding

- **Talk and sing to your baby.**  
Babies love hearing different voices.
- **Read to your baby every day.** It will boost your baby's brain development!
- **Carry your baby.** A sling or front carrier can be used when your baby is big enough. Take walks together.
- **Play games.** Play peek-a-boo, make silly faces and lay on the floor together for tummy time.

*As your child grows,  
your bond helps them do better  
in school, be more connected  
to family and friends and have  
a higher self-esteem.*