



## Bonding

Bonding with a parent is essential for a baby. Bonding is a process, not something that takes place within minutes and not something that has to be limited to happening within a certain time period after birth. Bonding is truly an individual experience.

### **Question One:**

What does bonding or attachment with your baby mean to you?

### **Question Two:**

Why do you think bonding is important?

### **Question Three:**

How are you coping with the adjustment to parenthood?

## What steps to take next?



**Discuss** this guide sheet with your Child Health Nurse or GP Obstetrician.

Bring this completed guide sheet to your Baby Steps **MEDICAL HEALTH CHECK**

Call Baby Steps today to make a booking **08 9387 2844**.

## **Join the Baby Steps Community**



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*Important: If you are having ongoing feelings of sadness or anxiety after the birth of your baby it is important to speak to a medical professional immediately.*