

Comfort me and be with me • Notice when I try to connect • Take care of yourself

# A message from your baby

To help me grow and develop, please:

Show me through your face and tone of voice  
you understand my feelings and needs.

Talk with me about my world.

When you smile at me I feel safe  
and know I can explore and learn.

Love from your baby



Developed by the Queensland Centre for Perinatal and Infant Mental Health (QCPIMH), Children's Health Queensland Hospital and Health Service, with the support of the National Perinatal Depression Initiative.  
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