

"baby bonding": Week 6

"baby bonding" celebrations

Welcome (Headspace and Containment)

Invite parents/carers and babies to come and sit with you in a circle; name badges for parent and baby.

Welcome everyone and thank them for coming.

Sing hello song.

Group agreement (Headspace and Containment)

Thank everyone for being such a respectful and supportive group.

Circle time (Headspace and Containment)

Enjoy our favourite rhymes and songs; give out a little book of songs chosen by the group. Include multicultural songs that represent the heritage of the group.

HINT: Model the rhyme very sensitively with your own baby, asking the baby's permission and responding to her wishes and preferences.

Breathing and regulation (Regulation and Relaxation)

Conducted breathing for our last session together: breathe in for the count of 3, hold for 3 and breath out for 3 – practise once. Then increase to count of 6, then 9, then 12 – have fun with this. I count for the group "in-2-3, hold-2-3, out-2-3".

Watching and wondering (Head, Heart and Hands)

Our final practice at HHH – congratulate the group on their progress in this. Encourage parents and carers to continue to use this technique as their children grow.



RESOURCES YOU WILL NEED

Name stickers/
pens

Group
agreement

Blu-Tack

Music on phone

Rhyme words

Songbook

Cake/fruit

Relaxation
script

Certificates

Evaluation
forms

Story book

Information on
other services
and groups

Loving touch (Head, Heart and Hands)

Enjoy our favourite baby strokes together; encourage parents to continue with these each day when their baby is in the mood.

HINT: Model carefully – music still on in the background.

A “gift” or “Bag of Ideas”: sharing ideas and information with parents and carers (Developmental knowledge)

Read a lovely story, poem or song words to parents and babies – something affirming and uplifting. I like Emma Dodd’s animal books, which are written in the voice of the baby and transcend family stereotypes (see, for example, *Forever*). Enjoy sharing some cake and fruit together.

Creative relaxation (Regulation and Relaxation)

Enjoy this together. Again, encourage parents to continue relaxing each day and tell them that if they are OK then they are much better able to look after their baby.

Try this at home (Head, Heart and Hands)

Ask parents to continue practising HHH.

Brief recap of the session and goodbyes (Headspace and Containment)

Thank parents for coming to the group and for all their input and efforts.

Ask parents to complete a short evaluation and to share their thoughts about the group.

Present baby bonding certificates.

Provide any relevant information about follow-on groups or services.

Goodbyes.