

CONVERSATION STARTERS AND AFFIRMATIONS

UPDATED APRIL 2022

Use these ideas to start talking to caregivers about interacting with their babies.

LOOK

- What a wonderful/handsome/cute baby!
- What an adorable outfit your baby is wearing.
- Your baby...is precious/is so alert/looks so healthy.
- Look at those bright eyes/how sweet is that head of hair.
- It's really great that you have your baby close to you (affirm).

RECOGNIZE

- Aren't babies amazing! They can tell us what they want by the way they look and act.
- Every baby is different, but I think your baby might be telling you...
- What do you think your baby is telling you?
- What do you think your baby needs right now?
- You really seem to know what your baby is telling you (affirm).

RESPOND

- Let's try... and see what happens.
- What else might you do?
- It looks like your baby is ready to play (or is hungry or needs something to be different).
- Look how baby calms down when being held (affirm).
- I really like the way you responded to your baby (affirm)

This material was adapted from materials created by the California WIC Program working in collaboration with the UC DAVIS Human Lactation Center.

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