Social Emotional Support for Newborns Transcript

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Newborn Social-Emotional Support

Hi, it's Dr. Rott with the Doc and the Fam. I am here to talk to you about social emotional support for your newborn. It is too early to think about spoiling them.

You are welcome to cuddle and love on them freely all the time. They actually need so much touch and they need to be attuned to. So the more time you have to make happy faces at them, to reflect their feelings back to them to read to them newborn is a great person to start them with books now.

I just want to emphasize that sometimes our older generations were taught that if you spend too much time cuddling and snuggling and holding a child, it can spoil them.

And it's just not true.

Why Cuddling Builds Secure Attachment

In fact, really, it just increases their likelihood of having a secure attachment, believing that the world is a safe place that has enough room for them and their growth and dreams and competencies.

and their gifts for the world. So it is never too soon to start that kind of beautiful support for your newborn. Enjoy.

Taking Breaks and Getting Help

And if you do get to the point where you need a break because you are exhausted, and also because babies are hard, take a brake, put them in a safe place in their crib or their bassinet where they can't fall, or leave them with a care giver who knows all the safe things to do and not do.

and give yourself a break. If you're getting to that point of like, I just don't feel safe with my kiddo right now, get some help. That is my loving advice to you.

There are always hotlines. You can definitely reach out for support. Postpartum depression is real and you do not need to do it alone. All right. These things can happen.

It's just part of the human experience.