

The Daily 10-Minute Bonding Challenge

"Build a Strong Bond with Your Baby in Just 10 Minutes a Day!"



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Welcome to The Daily 10-Minute Bonding Challenge! I'm Sally from The Practical Child, and I'm thrilled that you've decided to embark on this meaningful journey with your little one. As parents, we understand how quickly time flies and how precious every moment with our babies is. That's why I've created this booklet to help you make the most of those moments, even with a busy schedule. Inside this booklet, you'll find five simple yet powerful activities designed to foster a deep and loving connection with your baby. These activities are crafted to be engaging and enjoyable, ensuring that you and your baby can share special moments without the need for extensive preparation or time. Whether it's through gentle touch, playful interaction, or soothing routines, each activity is aimed at nurturing your bond and creating lasting memories.

Taking just 10 minutes out of your day might seem like a small commitment, but you'll be amazed at the significant impact it can have on your relationship with your baby. Consistency is key, and by incorporating these bonding exercises into your daily routine, you'll be laying the foundation for a strong, secure, and loving bond that will benefit both you and your child for years to come.

Thank you for choosing The Daily 10-Minute Bonding Challenge. I'm confident that these activities will bring joy and connection to your family. Remember, it's the little moments that often mean the most. Happy bonding, and enjoy every precious minute with your baby!

**Warm regards,
Sally
The Practical Child**



1. Daily Eye Contact and Smiling Frequency: Daily

"Spend a few minutes each day making eye contact and smiling at your baby. Eye contact helps to strengthen the emotional bond and encourages your baby to focus and connect with you. Smiling reassures your baby and promotes a positive emotional atmosphere, which is crucial for their social and emotional development."



2. Sing a Song or Read a Book Together

Frequency: Daily

Blurb: "Choose a favorite song or a short book to sing or read to your baby each day. This not only provides a comforting routine but also stimulates your baby's auditory and language development. The rhythm and melody of songs can be soothing, while the words and pictures in books introduce your baby to new sounds and visual stimuli."



3. Gentle Massage or Skin-to-Skin Time Frequency: Daily

"Spend a few minutes giving your baby a gentle massage or having some skin-to-skin contact. Physical touch is incredibly important for your baby's emotional security and can help soothe and calm them. This activity also promotes better sleep and digestion, enhancing overall well-being."



4. Interactive Play with Toys or Objects

Frequency: Daily

Blurb: "Engage in interactive play using simple toys or household objects. Encourage your baby to reach, grasp, and explore. This helps to develop their fine motor skills and hand-eye coordination. Playtime is also a wonderful opportunity for you to talk to your baby, further enhancing their language skills."



5. Mirror Time

Frequency: Weekly

"Once a week, spend some time in front of a mirror with your baby. Babies love looking at reflections, which helps them to start recognizing themselves and other people. Use this time to make funny faces, talk to your baby, and help them explore their own movements and expressions."



Other Products by The Practical Child

This book is purposefully designed to introduce sensory play and experiences to your baby.

With beautiful simple illustrations and clear instructions both you and your baby will love reading this book and carrying out actions time and time again.



**Our movement book series for children
aged 3-7 years. Designed by experts in child
development.**

