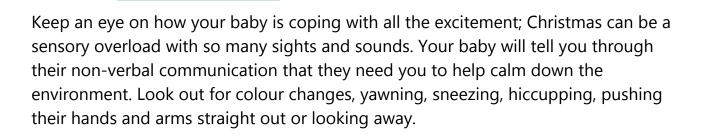
## My First Christmas

Seeing Christmas through your baby's eyes

## Watch your baby staring at the Christmas lights or the shape of the big Christmas tree. Focusing on these bright, beautiful or big objects can be very calming.





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Enjoy a Christmas day walk outside with the pram or carrier to get some fresh air. If your baby is calm and awake you can talk to them about all the things around you. If they are asleep, allow them to rest and enjoy the small break and breather yourself.



Relieve the pressure of worrying about what toy would be best to get your baby for Christmas. Dr Brazelton always reminded us that YOU are your baby's favourite toy. Take the opportunities when your baby is awake and relaxed to chat and play with them. Your smile, attention and calming voice is the best present under the tree.



