

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.



Keep an eye on how your baby is coping with all the excitement; Christmas can be a sensory overload with so many sights and sounds. Your baby will tell you through their non-verbal communication that they need you to help calm down the environment. Look out for colour changes, yawning, sneezing, hiccupping, pushing their hands and arms straight out or looking away.



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.



Brazelton Centre UK

understanding baby behaviour

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