KARITANE®
Partnerships made for parents

Responsive Parenting



Learning how to care for and nurture your baby to provide them with a lifetime of positive benefits takes commitment, effort, support and some humour. But you don't have to learn it all on your own. We're here to partner with you.

Responsive parenting involves tuning in to your baby's social, emotional and physical needs. You are parenting responsively when you act promptly and match your actions to what your baby is trying to communicate to you.

WHAT TO EXPECT

Each parent brings their own experiences, values beliefs about family life and parenting.

- The early relationship you form with your child sets them up for life in terms of brain development and future relationship skills.

REALITIES

All families experience rough waters sometimes.
For example:

- Financial pressures or adjustments.
- Isolation.
- Poor sleep.
- Communication and relationship breakdown between parents.
- High expectations of yourself, baby or partner.

SAFETY

Seek help if:

- You are finding it hard to understand your baby's cues.
- You aren't coping with parenting, or there is ongoing conflict as you try to co-parent.
- You are finding it difficult as a parent to navigate life's storms.

PARENTING TIPS

- Learn to read your baby's verbal and non-verbal cues to respond appropriately to their needs.
- Occasionally you will misread your baby's cues, this is normal.
- Discover what kind of family you want to be by defining your goals, beliefs and values.
- Develop family traditions, share responsibilities, and allow for moments of fun.
- Be open to advice but remember every family is unique, what works for one doesn't always work for another.
- Parenting is about trying your best, not perfection.
- Healthy eating, sunshine, fresh air, time with friends and relaxing is good for everyone.
- Maintain friendships while making new social connections through parenting groups and supports.
- You are starting a new parenting partnership with your partner, so you'll need to negotiate how you're going to parent together as a team.
- Respectful and clear communication is key for couples (remember, you are both learning to manage the changes in your life).
- Tell your partner how you are feeling and listen to your partner. It's important to share how you're both feeling.
- Accept help or ask for support when needed.