



Creative ways to keep connection with infants under 1 year of age

VIDEO CONFERENCING IS A LAST RESORT FOR CONTACT WITH BABIES! ASK YOUR CASE WORKER IF THERE IS ANY WAY TO HAVE FACE-TO-FACE CONTACT

If video-conferencing is the only way to connect with your baby:

- Choose a good time of the day when your baby is not hungry or tired
- Move close to the camera so that your face fills the screen, and position the camera at eye level
- To increase connection through eye contact, focus directly on the camera as you speak. As you listen, look at your child on the screen
- Minimise noises and other distractions - even clutter in the background could distract a baby. When you are not talking, mute your microphone. Turn your phone on silent, and close other windows on your screen to avoid sounds and notifications
- Aim for short but frequent video chats. A young child's concentration is quite short
- Plan your contact! Have items that you need close by. This will avoid losing precious time while you search for things, and will help maintain your child's concentration
- Give some structure to each session: **begin** with a song or rhyme; **middle** where you can share an activity or story; **end** a goodbye song or saying .

Talk, sing or read

Think of a special song to sing at the beginning and end of each video session.

Read aloud story books that are simple with rhyming text.

Raising Children's Network has 'Baby Karaoke' webpage full of suitable songs.



Mirroring

Observe the facial expression on your child's face, say what you see and copy them.

Do the same for body movements.

Point to face parts and name them; encourage your child to copy, asking "where's your nose?" etc



Peek A Boo!

Cover your face with your hands and take them away saying: "Peek A Boo!"

Cover your head with a towel and gradually pull it off saying: "peek a boo, I see you".

Show your child an object and then hide it under the blanket, asking; "where's it gone?" Gradually slide the blanket off to reveal the object.

Photo Journal

Create a photo album and send it to your child.

Officeworks and Kmart have photo album printing services.

Invite the Carer to create a photo journal of baby's development using various free apps which can be regularly shared with you.

Suggested Apps: Tinybeans; BlinkBuggy
(Check with your Case Worker first)

Record Your Voice

Make a recording of your voice talking to your baby and save it onto a USB.

Pass it on to the Case Worker to give to the carer.
(Check this is ok with your Case Worker first)



Make some noise

Have a selection of noise making objects, such as rice in a bottle, two spoons tapping together or clapping your hands.

Call out your child's name and create some sounds to attract their attention.

