

## HOLDING A BABY

Holding a baby is a very special skill indeed. They are so delicate and sweet. If you know how to hold them properly, there is nothing to be afraid of.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

First practice on a life size doll or another substitute and make sure you are totally comfortable. Next, with the mother's direction, try to hold the baby. Good job.

Now you'll need the mother's permission and guidance for this. I'm sure she'll be happy to show you the proper way to hold her baby. This is how I was taught to do it.

1. The baby's neck is very weak; she'll have trouble supporting her head. Make sure the baby's head is resting on your chest.

Slide your hand up from her bottom to support her neck.

2. Gently move her head to the crook of your arm, still supporting her neck.

3. Now you can stare into her eyes and speak softly to her, maybe even rock her gently.

