

How to be mindful when holding a baby

Babies are in different states of being during their days and nights. It can help to know that these states will change.



If the baby is asleep:

- Try to really see them with all your senses.
- Notice the baby's peaceful face and how warm they feel. Enjoy the way the baby smells and listen to any sounds they make.
- Notice your own breathing. Notice the way your chest moves up and down as you breathe in and out. Now, notice the baby's breathing. When you hold the baby, how does the baby feel on your chest as you breathe together?
- Think about how much your baby needs you. Think about how each person, as well as you, was once a baby.

If the baby is awake:

- Watch their changing face.
- If the baby is moving, hold them under the arms. Let the baby jump up and down on your lap. This helps them get strong.
- How do you feel when your baby becomes unhappy? If the baby starts to cry, what do you think about? Thoughts like "how long will this last?" or "I don't know what to do" are normal.

Adapted from Meditation for Real Life by David Gelles—NY Times 06/01/2017