



Meet "New Friends"

Help your baby become comfortable with an unfamiliar adult while you stay close.

Helps Your Child Grow



Relationships with Adults

Brief, playful interaction with an unfamiliar adult while you remain close helps your baby gradually build comfort and trust.

Steps

- Your baby may feel shy when an adult they rarely see comes to visit. Give them time to warm up gradually.
- Hold your baby and sit beside the visitor. Greet the person with a smile so your baby can take in the calm interaction.
- Your baby may keep watching with curiosity. Introduce the relationship simply: "This is our neighbor Maya. She came to visit us."
- If your baby coos, smiles, or leans closer, put the response into words: "You're saying hello to Maya."
- Once your baby relaxes, invite Maya to clap with them or pass a ball.
- With you nearby, a brief shared game can help an unfamiliar visitor begin to feel more familiar.

Tips

- If your baby is not ready for the new face, increase the distance or move to another room for a calm break. Try a brief hello again later.

Observations

- Gradually shows interest while watching the visitor from beside you
- Looks at the visitor, then turns back to look at you