

# Sometimes I just need a hug

## Responding to your baby's needs won't spoil them.

It helps their brain to grow and build healthy relationships. It also helps them to feel safe and secure, and teaches them that they're important.

For answers to lots of questions on parenting, from teething to tantrums, look out for the mychild.ie books and website. You'll find expert practical and easy-to-understand advice from doctors, midwives, public health nurses, dietitians and many more experts.

**mychild.ie**

Expert advice for every step of pregnancy,  
baby and toddler health



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

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