Separated from Your Partner? Tips to Keep Your Newborn and Partner Connected

For the away parent:
- **Create special messages for your child.** Throughout the day, send your child special messages to let them know you are thinking about them! These can be text messages or videos to your child’s caregiver, audio messages telling your child that you are thinking about them “Mommy is busy/recovering at the hospital today but I wanted to tell you how much I love you!”, and photos/videos.

- **Keep it short and sweet.** Don’t be hurt if your baby doesn’t focus on the phone or doesn’t show a response to your voice – they are still brand new and have very limited ability to focus or pay attention to things right now. If you can, try having shorter calls more frequently. Use these times to share stories, talk about your day, sing songs, and to tell your baby how much you miss them. PS—Schedules at home are probably changing a lot right now so if your child is asleep, cranky, or your partner cannot answer the phone, remember there will be a next time.)

For the parent at home:
- **Create special messages for the away parent.** Make videos of you and the baby at home, during feedings, while the baby is sleeping, while you’re talking to the baby. Get creative and keep pictures show the away parent during video calls (or to surprise them with when they return home!). If you have other children as well, ask them to make pictures or special messages for the away parent and ask them to tell you about their picture and write their words on the picture to share with their parent.

- **Share the away parent’s scent.** For infants, consider using items with the away parent’s scent during daily routines. For example, a gently worn t-shirt from the away parent can be used to swaddle baby during
a feeding. Run the item through the dryer first on a high temperature to ensure it is safe.