



Ten Good Things to Do For Your Baby or Young Child

1) Touch and Carry Your Baby

You get to know each other through smell and touch.

2) Talk and Sing to Baby

It's good for babies to hear the sounds of language. Repetition, rhymes and song calm young children and help them to learn the pattern of language.

3) Listen to What Baby is Telling You

Babies and young children need to know that you will respond to them and meet their needs.

4) Laugh Together

Being able to laugh is part of a balanced, happy life.

5) Encourage Play

Let your child experiment with Jell-o. In the first year of life, parents can provide everything a child needs without toys. Play with your child.

6) Make Friends With Books

Books fascinate young children. Show your child the pictures and talk to them about what you see. Give your baby the books that he can pull and chew.

7) Go Outside

Fresh air is good for you and your child. It will enhance your health and your mental health.

8) Share Your Daily Life and Take Your Child on Outings

Children can learn a lot by watching and being a part of family activities. Go to the park or to the grocery store.

9) Make Friends Together

It's good for children, even infants, to get out and begin to interact with other children. It's also good for moms to get time to share with other mothers.

10) Don't Overdo It

Babies and young children can be over stimulated. Children have their own rhythms and need downtime, too. Make sure that you and baby both get lots of rest.



CATCH YOUR KIDS BEING GOOD!

Notice when children are doing well, and **let them know that you are pleased** with their behavior. Always separate the child from the action. **Let the child know that you still love them**, even when you are unhappy with their behavior.

SIX CRITICAL LIFE MESSAGES

- I believe in you
- I trust you
- I know that you can handle it (the challenges of life)
- You are listened to
- You are cared for
- You are important to me

Barbara Coloroso

