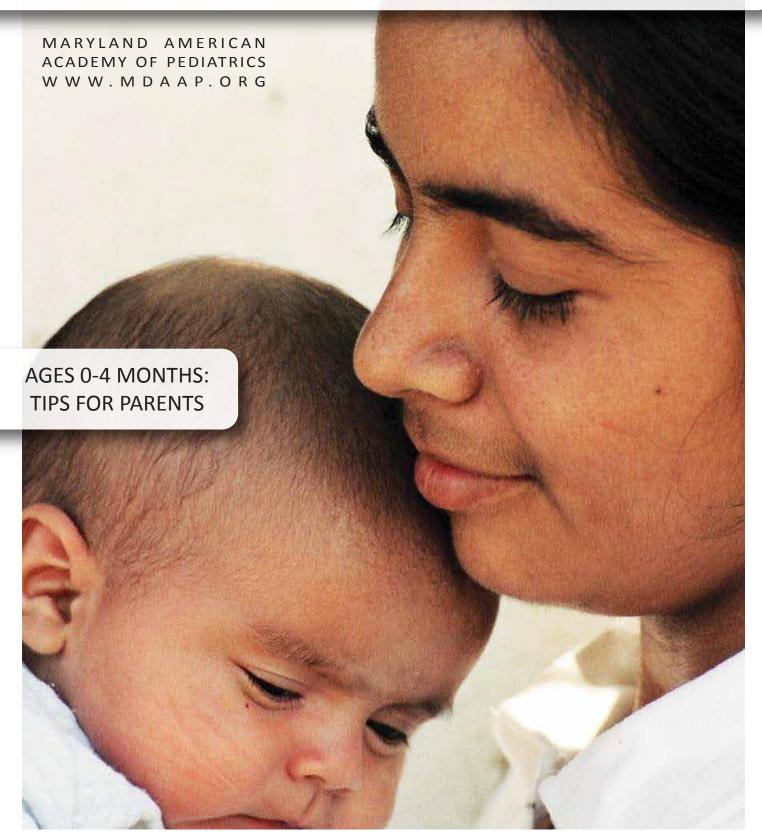
# grow your kids TREE Talk Read Engage Encourage





## **Child Development**

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## grow your kids

Talk Read Engage Encourage

### AGES 0-4 MONTHS: YOUR CHILD'S DEVELOPMENT:

**Motor:** Uses head, neck, arms and hands

**Play and Learning:** Watches everyone and everythinghandles toys and objects (babies "do things <u>with</u> objects" like mouthing, reaching for and grasping them)

**Communication:** Watches, listens, imitates, coos (makes sounds like "ooh" and "ah")

**Social Emotional:** Cries and social smile (smiles in response to you)

#### Follow your baby's cues

Have fun, play, and create special time together. Your baby's development is stimulated by emotionally connecting with YOU!!!

### **Emotional nutrients to grow**

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### What do children need emotionally to grow?

#### They need to feel:

- •<u>loved and adored</u> by consistent caregivers
- protected when scared
- comforted when upset
- •and they need order and routine

They also need **seeds** for growth:



<u>T</u>alk <u>R</u>ead <u>E</u>ngage <u>E</u>ncourage

# Activities with your child 0-4 months

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### TALK Talk and Communication: "bathe your baby in language"

Use "parentese" which combines high pitch sounds, singing, saying words and making dramatic facial expressions. They may not yet understand your words but they get your tone, rhythm and body language

### READ

Read: Allow your baby to handle books and turn pages. Young babies may even put books in their mouths and this is ok. Getting used to books is what is important. Read to your baby in "parentese" – talk about the pictures in the book with an excited tone in your voice. Point to the pictures and name them: "that's a dog"

### Activities with your child 0-4 months

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### **Engage**

Follow your child's cues

**Motor:** Head, neck, arms and hands: Let your baby try to grab toys by putting them just out of reach. Place your baby in tummy time

**Physical contact:** Hug and kiss and hold and rock your baby (this won't spoil your baby)

**Play and Learning:** Babies play with joy. Have fun together. Babies love to handle objects. Use rattles, balls, blocks, spoons for babies to "do things <u>with</u>" like mouthing them, reaching for, and grasping them

Social-Emotional: Provide comfort and stay calm when your baby is upset. Get your baby to imitate, smile and laugh. Stop when your baby has had enough and turns away or fusses

### Activities with your child 0-4 months

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### Encourage

Encourage: Babies won't understand the words but they will understand that something good is happening. This makes your baby feel good inside

SAY: You can do it!! Yeah!! You did it!!