

grow your kids

TREE Talk Read Engage Encourage



MARYLAND AMERICAN
ACADEMY OF PEDIATRICS
WWW.MDAAP.ORG

AGES 0-4 MONTHS:
TIPS FOR PARENTS



Child Development

MARYLAND AMERICAN
ACADEMY OF PEDIATRICS
WWW.MDAAP.ORG



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 everything- handles toys and objects (babies “do things with 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

MARYLAND AMERICAN
ACADEMY OF PEDIATRICS
WWW.MDAAP.ORG



What do children need emotionally to grow?

They need to feel:

- loved and adored by consistent caregivers
- protected when scared
- comforted when upset
- and they need order and routine

They also need **seeds** for growth:



Talk
Read
Engage
Encourage



Activities with your child 0-4 months

MARYLAND AMERICAN
ACADEMY OF PEDIATRICS
WWW.MDAAP.ORG



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

MARYLAND AMERICAN
ACADEMY OF PEDIATRICS
WWW.MDAAP.ORG



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 with" 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

MARYLAND AMERICAN
ACADEMY OF PEDIATRICS
WWW.MDAAP.ORG



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!!

