

# grow your kids

**TREE Talk Read Engage Encourage**



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**AGES 4-8 MONTHS:  
TIPS FOR PARENTS**



# Child Development

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## grow your kids

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### AGES 4-8 MONTHS: YOUR CHILD'S DEVELOPMENT:

**Motor:** Uses trunk or body core muscles (rolls, sits)

**Play and Learning:** Handles toys and objects. Babies do things with objects like mouthing, reaching for and grasping them. They also begin to do things to objects like shaking or banging them

**Communication:** Babbles happily make sounds like "ba", "ga" and "da" (babbling is an early step to true speech)

**Social Emotional:** Laughs and initiates interactions with others

#### **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:

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

They also need **seeds** for growth:



**Ialk**  
**Read**  
**Engage**  
**Encourage**





# Activities with your child 4-8 months

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## TALK

Talk and Communication: *“bathe your baby in language”*

Speak in animated **“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. When your baby responds by babbling, pause and let your baby try to make the sounds too

**Name** people and objects that your baby sees or objects that your baby touches: *“that’s daddy”, “that’s a ball”*

**Comment like a radio announcer:** *“You are playing on the floor”*- talking with your baby is what counts- this may feel a bit odd to you at first

**Sing** to your baby



# Activities with your child 4-8 months

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## READ

Read: Allow your baby to handle books and turn pages. Read to your baby in animated “**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*”

**Comment** on the pictures: “*the girl is running*”



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## Engage

Follow your child's cues

**Motor:** Trunk (core body muscles): Encourage rolling, tummy time and help your baby sit up until they can do it on their own. Place objects just out of reach to encourage rolling and reaching - be careful to watch babies closely so that they do not roll off the bed and fall

**Physical contact:** Hug and kiss and hold and rock your baby (this won't spoil your baby). This is good for boys and girls

**Play and Learning:** Babies play with joy. Babies love to handle objects. Use balls, blocks, rattles, and spoons to "do things with" like mouthing them, reaching for and grasping them. Babies at this age also "do things to" objects. They love to shake, bang, drop, push and pull them. This is called **cause and effect**- they are exploring how to make things move. Stop when your baby has had enough and turns away or fusses

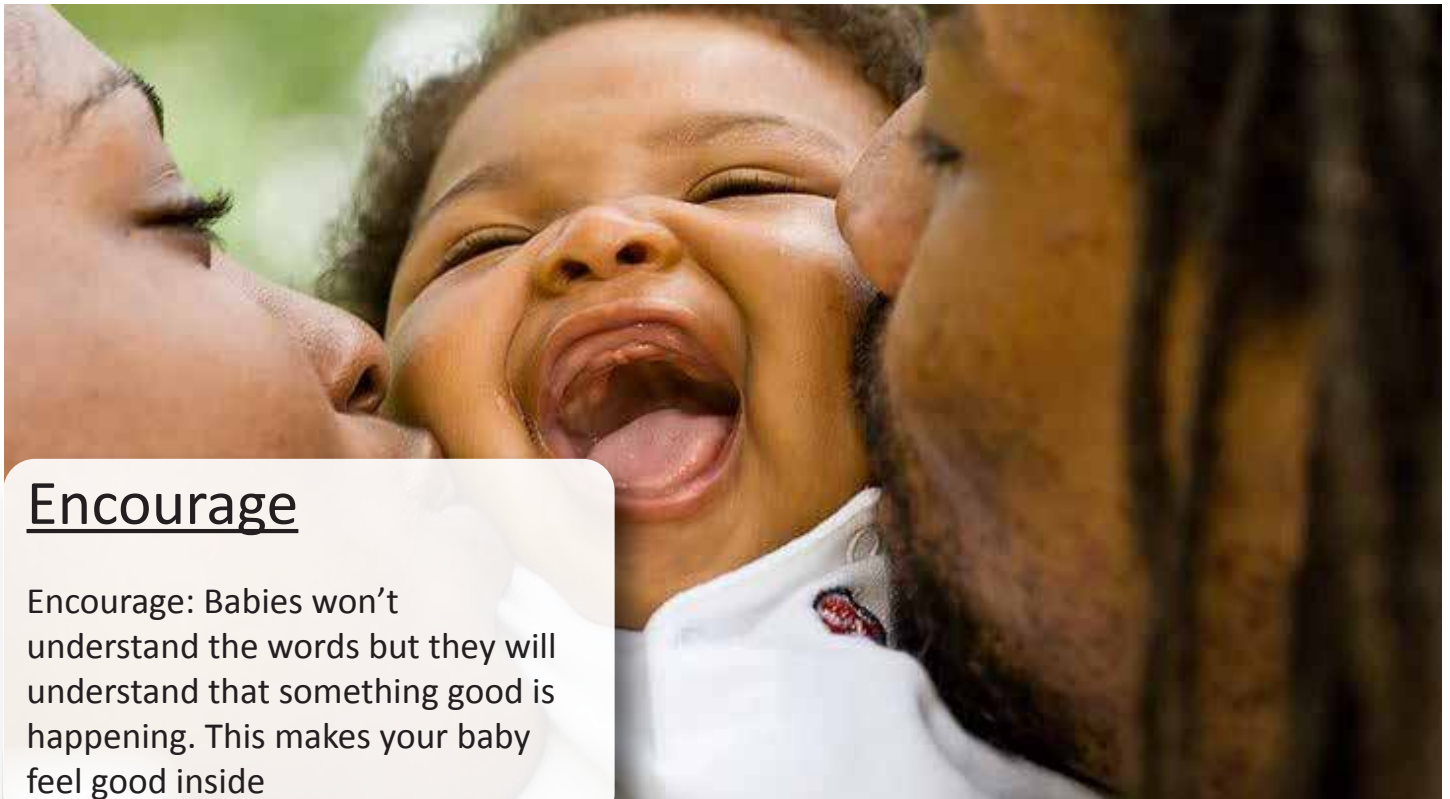
**Social-Emotional:** Make your baby laugh. Babies develop **stranger anxiety**. **Provide comfort and stay calm** when your baby is upset or scared. Babies may become afraid of people they were comfortable with in the past- this is normal behavior. Babies also begin to **initiate** interactions with others. Follow their cues





# Activities with your child 4-8 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!!*

