grow your kids:

TREE
Maryland Chapter
American Academy of Pediatrics

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QR code to access TREE website:
Basic TREE Concepts

TALK: Bathe your baby in language

READ: Read together regularly and enthusiastically

ENGAGE: Have fun together / Make your baby feel safe and loved

ENCOURAGE: Be your baby’s cheerleader
“What kinds of fun things do you enjoy doing with your child?”
Communication:

Young infants *vocalize* by cooing and babbling

Older infants use *gestures* like “hi”, “bye” and “pick me up”

Young toddlers *verbalize* and begin to *understand* simple directions and *say* a few words like “mama” and “dada”

(Where does your child fit in?)
TALK

Use everyday experiences for talking while cooking, eating, cleaning, shopping, driving, diaper changes and bathing.
Read together regularly and enthusiastically
READ

• Read in an *excited* manner

• Let babies handle books and turn pages – they may want to put the book in their mouth or read the same book over and over
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ENGAGE

Have fun together!

Make your baby feel safe and loved!
**Motor: Head to Toe**

Head, neck and arms: reaching

Trunk: rolling, sitting, crawling

Legs: pulling to stand, walking, running

(Where does your child fit in?)
ENGAGE

Motor: Things To Do

Tummy time

Get babies to grab, roll, crawl or cruise towards something interesting out of reach
“What kinds of fun things would you like to do with your child in the next few months?”
CHILD DEVELOPMENT

ENGAGE: Play and Learning

Does “with” objects (young infants)

Does “to” objects (older infants)

Objects have function (young toddlers)

*Imaginary* play (older toddlers)

(Where does your child fit in?)
ENGAGE

Play and Learning: Things To Do

➢ For young infants, use safe objects that they can put in their mouth like pacifiers and rattles

➢ Older infants like to examine, handle, drop, roll, and bang household objects (balls, large blocks, cups, pots, spoons etc.)
ENGAGE

Play and Learning: Things To Do

➢ For young toddlers, objects have **function** - play with blocks, stacking rings, legos, and puzzles

➢ Older toddlers use their **imagination** - play with stuffed animals, toy figures, dolls, puppets, cars, and dress ups
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**ENGAGE: Social Emotional Milestones**

- Social smile (young infants)
- Stranger Anxiety (older infants)
- Separation Anxiety (young toddlers)
- Joint attention/ joyful play
- Autonomy (“terrible twos” in older toddlers)
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ENCOURAGE
You can do it!
Yeah!
You did it!

Be your baby’s cheerleader!!!
Please feel free to share this material with someone else who takes care of your child!!!