

# TEACH ME

Things to do with your child to help them grow and learn.

## BIRTH

- Comfort when crying. (Cries when hungry, tired, wants to be held, or is sick)
- Babies DO NOT cry to bug you. They are too young to be bad.
- Hold baby close to you.
- Give baby many chances for sucking: nursing, bottles, pacifier, or baby's hands.
- Babies sleep 30 minutes to 3 hours at a time.
- Babies eat 6-7 times a day. (3-4 oz per bottle)
- Change frequently, (10-15 diapers, a day)
- Talk quietly to your baby.

## 1 MONTH

- Smile, talk and touch your baby, when baby is quiet and alert.
- Look your baby in the eye (8" away).
- Massage your baby gently with baby lotion.
- Wrap baby snugly, not tightly, in a blanket
- Hold baby when feeding every 2-3 hours.

## 2 MONTHS

- Babies soothe themselves by sucking.
- Smile, make your voice high & low when talking to your baby. Babies look away if tired.
- Don't keep baby in infant seats too much.
- Let baby have tummy time for 1-5 minutes.
- Put baby on back to help learn to roll over.
- Feed baby every 2-3 hours.

## 3 MONTHS

- Baby begins to eat and sleep more regularly.
- When baby sleeps, place in her crib.
- Imitate baby, when baby babbles, babble back.
- Show interest in what baby is looking at.
- Let baby see himself in a mirror.
- Babies reach out and grab at things. They are learning. Let them touch your face & hair. Put your hair up if you don't want baby to pull it.

## 4 MONTHS

- Move baby around the house with you.
- Play with baby for short periods at a time (10-15 minutes).
- Talk with baby about what he/she sees.
- Continue putting baby in crib for nap times.
- May still need nighttime feeding 10-11 p.m.

## 5 MONTHS

- Baby is teething. He might put his mouth on your hand or shoulder. That's normal. Let him chew on toys.
- Hold baby and look at picture books together.
- Name objects as your baby holds them.
- Baby is rolling completely over. Try giving your baby a toy during diapering. Watch out!
- Baby babbles for attention. Listen to him!

## 6 MONTHS

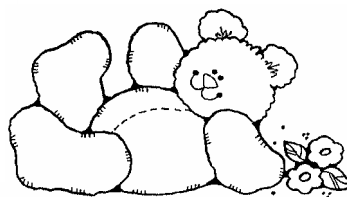
- Creeps on tummy. Let baby be on the floor.
- Look out for small objects on the floor!
- Drops and throws things. Give baby safe, colorful toys.
- Play games like "patty-cake" & "this little piggy when to market".

## 7 MONTHS

- If baby cries around strangers, comfort him.
- Enjoys bath time. Help baby sit up in the tub while he splashes. Never leave him alone in the tub, even once he is sitting well. Use this rule until he is five years old.
- Let babies touch their bodies.
- Babies will cry if you take something away. Replace it with something else, like a toy.
- Babies like to make noise. Give them a pan & spoon. They like to play with paper! But don't let them eat it.!
- Baby is taking a morning & afternoon nap in his crib.

## 8 MONTHS

- Baby understands the word "no", but doesn't always obey. Save the word "no" for danger.
- Babies like to roam & make a mess in a safe area.
- Decide where baby can play safely.
- Babies like to bang things together.
- Babies feed themselves finger foods. It's okay to get messy.
- If your baby is doing something you don't want him to do, distract him or get him interested in another activity.



## 9 MONTHS

- Babies begin to crawl. Watch out for stairs, but don't put baby in a playpen more than a half hour at a time.
- Can hold cup and drink from it with spills.
- Start getting baby used to eating/drinking sitting in a high chair. Put on his seat belt.
- Babies still have a morning and afternoon nap in their crib.
- Time to childproof your home. Put things up high or away that you don't want baby to get into. (Ash trays, plants, knick-knacks)
- Reaches for things. If baby reaches for something dangerous, say "no" **and** give him something else to play with.
- Read short stories to baby.

## 10 MONTHS

- Shows moods like happy, sad, angry.
- Is shy with strangers.
- Pulls self to stand. Have safe places to crawl and practice standing.
- Teach words like "icky", "hot", "STOP". It may take many tries to keep your baby away from dangerous things.
- Look at your baby when you are talking.
- Teach baby how to be gentle. Touch softly.

## 11 MONTHS

- Let baby do things for himself, like crawling to get toys.
- Baby enjoys looking at picture books.
- May say 2 to 3 words or make funny sounds.
- Baby crawls fast and gets into everything.
- Baby may start biting. Say calmly "No biting, that hurts mommy" and direct them to another activity or give them something they can bite.

## 12 MONTHS

- Babies learn by parents having the same rules and telling them over and over. Sometimes you have to show them what you want or tell them what you don't like. Don't call baby "BAD"!
- May walk, but still like to crawl.
- May undress self.
- Feeds self, but is still messy. Baby should eat sitting down, usually in a high chair.
- Have baby start to help you pick up a few things at the end of the day.
- TOO EARLY** to start potty training.

## 15 MONTHS

- Temper tantrums may begin. If the child is in a safe place, walk away and let him calm down.
- Baby may pull at diaper & hide when he goes, but it is still **TOO SOON** for potty training.
- Hugs and kisses parents/caregiver.
- May draw with crayon. Give them paper and a place to sit. Should be done with an adult.

## 18 MONTHS

- Baby shows emotions and feelings.
- May start pinching, pushing or biting other children. Teach him to use words when angry. **DO NOT** bite back!
- Help point out parts of baby's body and name them.
- Likes to help a parent. He's watching what you do!
- Discipline is part of caring and teaching your child about right and wrong. It takes a long time.
- Keep telling your baby what you want. Say: "It's time to put on your shoes."
- Praise him when he is behaving.

## 2 YEARS

- Baby takes one nap a day. Put your toddler in his bed after lunch (12:00 to 2:00), with no more nap after 2:30 or it will be more difficult to get him to bed.
- May start showing an interest in potty training. Praise when they do well, ignore mistakes.
- Imitates grown-ups doing simple chores.
- Tell your toddler what she can do. "You can play with the toys in the box."
- Use short, simple sentences. "Please, give me the plant."
- Be consistent. Use the same rules.
- Toddlers get frustrated and upset easily. You can help them by having a daily routine for naps, bedtime, and meals. They like to know what is coming next. Make sure toys are right for their age.
- Tantrums may start. Toddlers get angry when they do not get what they want. Stay calm! Give a choice. Use when/then. You can say, "When you put your cars in the box, then we can go outside."

## 3 YEARS

- Begins to obey and respect simple rules.
- Children are exhausted by television. Thirty minutes at a time is enough. Children are learning from TV.
- Daytime toilet training is probably successful now. Children will begin to stay dry at night at the end of their third year.
- Children need to feel good about themselves.
- Goes to preschool or Head Start.
- Dresses and undresses by themselves, but may need some assistance picking out clothes.
- Your child is not ready to share many toys yet.
- Let them **HELP** set the table, put toys away, and do other simple jobs.

Name of child \_\_\_\_\_  
Birth date: \_\_\_/\_\_\_/\_\_\_



**QUESTIONS ABOUT  
TEACHING YOUR  
CHILDREN? CALL  
HELP ME GROW  
740-203-2090  
OR 740-368-1700  
EXT. 2090**