

HELP YOUR BABY GROW

Birth to 3 Months

- Handle and rock your baby often.
- Talk, sing, and read to your baby.
- Place your baby on its back with colorful toys or pictures within their sight.
- Place a mobile over the crib for your baby to watch and bat.

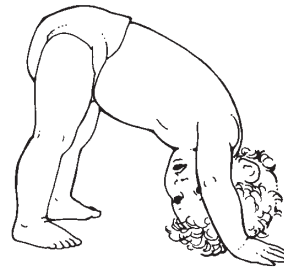
3 to 6 Months

- Let your baby see their reflection in a mirror.
- Play peek-a-boo. Count and kiss their fingers and toes.
- Introduce a floating toy or cup to their bath. Encourage them to reach for the toy and to splash in the water.
- Help your baby to roll from stomach to their back, tucking their arms under their chest and supporting their head.



6 to 9 Months

- With your pediatrician's approval, teach your baby to eat finger foods like cheese cubes, dry cereal, or pieces of banana in a high chair.
- Encourage your baby to pick up objects like rattles or blocks in both hands. Show your baby how to move objects from one hand to another, to knock down a stack of objects, to roll and catch a ball. Find a variety of toys they can push or slide.
- Show your baby pictures in a book while you describe the pictures.
- Recite nursery rhymes to your baby.



9 to 12 Months

- Play pat-a-cake with your baby. Encourage your baby when they initiate play.
- Provide your baby with stacking toys, blocks in a container, kitchen objects like pots and pans and plastic bowls with lids.
- Imitate sounds and show your baby how to repeat speech sounds.
- Encourage your baby to walk by helping them to learn how to get down after they pull themselves up and to move along the furniture.



12 to 15 Months

- Teach your baby to hold a spoon and to drink from a cup, using a plastic cup with two handles - and a bib.
- Encourage your baby to take first steps by going between two people or by moving toward a favorite toy held a step or two away from them.
- Play listening games to help identify sounds (the clock, cars, dog, television).
- Ask your baby to point to familiar objects as you name them.
- Provide a riding toy that your baby can use to scoot themselves forwards or backwards.

15 to 18 Months

- Your baby can help to remove their clothing - socks, hat, coat.
- Teach your baby to follow your directions to sit down or stand up.
- Show your baby how to brush their hair - and yours.
- Provide your baby with finger paints, puzzles, and scooping toys in a sandbox.
- Teach your baby to point to and name body parts on you, themselves, or pictures.

18 to 24 Months

- Identify shapes for your baby, using blocks, cake pans, and drawings.
- Teach your baby to zip and button.
- Help your baby to organize their world. Show them how to separate and sort- their socks from yours, boxes from cans, paper cups from paper plates.

You can help your baby learn to explore the world around them in a variety of ways. As you play with them, watch for their responses, encourage them to imitate you and to initiate play on their own.