

# SAFE kids ☺ HEALTHY kids ☺ HAPPY kids

Brought to you by Parent Help Line and St. John's Children's Hospital

## Parents Help Babies Reach Their Full Potential

Learning begins at birth. As your baby grows, she learns new skills. Doctors call these skills developmental milestones.

All babies are unique. They develop at their own pace. Most babies, however, learn certain skills by a specific age. Your doctor will use these general guidelines to make sure your baby's development is on schedule.

You are your baby's first and most important teacher. With daily love and attention, you can help your newborn develop.

### Feeding

*Babies bond with their parents during feeding time.*

- Make eye contact with your baby when you feed him.
- Gently touch her as you talk.
- If you are bottle feeding, make sure you hold him on both sides. Hold him with your right arm, then switch to your left arm.



### Quiet Time

*Babies need homes that are calm and loving.*

- Listen to soft music, like classical music. Play it at routine times during the day — before a naptime, after lunch, and at other routine times.
- Hearing music or TV all the time over-stimulates your baby.



### Talking

*Babies learn to talk by hearing and watching you.*

- Talk with your baby. Use baby talk.
- Talk softly with feeling. Do not yell.
- Reply when your baby babbles.
- Read to your baby.
- Point to objects, and say what they are.



### Playtime

*Babies learn as they play.*

- Use rattles and toys to get your baby's attention.
- Provide toys in bright, bold colors like white, black, red and yellow.
- At 3 months of age, make sure she gets time to play on her back and her *tummy*. Being in different positions helps her muscles develop and grow.
- Sing to your baby.

### Sleeping

*Babies need a safe place to sleep.*

- Always put baby to sleep on his back.
- Do not co-sleep with your baby in bed, in a chair or on a sofa.



Call the Parent Help Line. Help is just a phone call away.  
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

