

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 and develop at their own pace. Most, however, learn certain skills by a specific age. Your baby's doctor uses these general guidelines to make sure your baby's development is on schedule.

You are your baby's first and most important teacher. Your daily love and attention helps your newborn develop.



Talking

Babies learn to talk by hearing and watching you.

- Read to your baby - daily.
- Talk with your baby throughout the day. Use *baby talk*.
- Talk softly, but with feeling. Never yell.
- Reply when your baby babbles.
- Smile when your baby smiles.
- Point to objects, and say what they are.

Quiet Time

Just like adults, babies need time to be quiet and calm.

- Listen to soft music, like classical music.
- Place your baby on the floor with a blanket while you are near — but not actually playing with her.
- Let him lie awake in the crib.
- Put your baby in a back pack or front pack while walking or doing errands.

Feeding

Babies bond with their parents during feeding time.

- Make eye contact with your baby when you feed him.
- Touch her gently as you talk.
- Hold him on both sides, right arm then left arm, if you are bottle feeding.



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.
- Make sure she gets time to play on her back and her *tummy*. Being in different positions helps her muscles grow and develop.
- Sing to your baby. Sing songs that use hand gestures.

Sleeping

Babies need 14-18 total hours of sleep per day.

- *Make sure baby's sleep space is safe.*
- *Always put baby to sleep on his back.*
- *Never co-sleep with your baby in bed, in a chair or on a sofa.*

Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



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

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