

BANANAS BABY BRIEFS

The New Baby 0-1 Month



A BABY IS THE MOST PRECIOUS THING ON EARTH

Newborn babies can seem very fragile, but they are really very sturdy. They like to be held and touched. Babies also respond to your voice; sing, talk gently to them and love them.

All babies cry. It doesn't mean that you are doing something wrong. Check if they are hungry, wet or uncomfortable in any way. Be as reassuring as possible. Sometimes, babies just cry. They have lived in a warm, safe place for the nine months before they were born and now they must get used to this big, noisy world. If you feel that the crying is making you upset, take a deep breath and tell yourself it isn't your fault. ALL BABIES CRY!

What Do New Babies Like To Do?

- Sleep
- Eat every few hours
- Wet their diapers
- Poop
- Hiccup
- Make fists
- Sneeze
- Make funny throaty noises
- Yawn
- Suck
- Listen
- Look
- Cry

Funny Things About Newborns

- Umbilical cord
(It dries and gets hard and falls off)
- Wrinkled, splotchy, spotty skin
- Dry scalp, sometimes looks like dandruff
- Black or sticky green bowel movements
- Cry without tears
- Funny-shaped heads
- Acne

What Can I Do With Babies This Age?

- Make sure they are dry and fed
- Hold them
- Touch them
- Rock them
- Sing to them
- Talk and smile
- Gently bathe them
- Stroke them
- Play music
- Dance with them

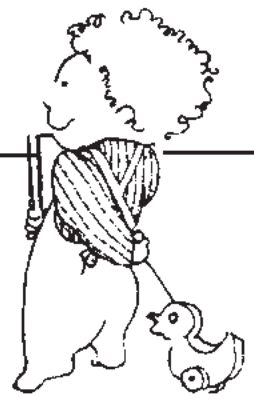


CHILDREN GROW AT DIFFERENT SPEEDS. ENCOURAGE, BUT DON'T PUSH!

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BANANAS BABY BRIEFS

2 – 4 Months



BABIES START TO NOTICE THEIR WORLD

Somewhere around two months, you will realize that your baby is beginning to be someone with definite characteristics and real likes and dislikes. Babies begin to coo, smile and see in a much more focused way. They start to explore.

They first explore with their eyes, looking at everything. They can recognize their immediate family members. Then, one day, they discover their own hands. Babies at this age can begin to hold things in their hands and examine them.

What Do These Babies Like To Do?

- Look at their own hands and feet
- Look at their surroundings
- Feel lots of different textures
- Reach for, bat at, and grasp objects
- Kick their feet
- Make sounds, sigh, laugh
- Listen to voices and music
- Smile
- Suck on fists, fingers, pacifiers
- Roll over
- Pull on hair and ears of the person holding them

What Can I Do With Babies This Age?

- Hand them toys, especially rattles
- Hang objects and toys above crib
- Talk to them
- Sing and make music for them
(musical tapes, music boxes, musical mobiles)
- Give them lots of textured things to touch
- Hold them
- Go for walks – expose them to new and varied environments
- Smile at them

Activities:

- Help babies investigate with their eyes and hands
- Give them safe toys to hold and look at
- Try playing a smiling and singing game with your baby
e.g. change your expressions, change your tone
- Hold objects in front of them
- Use cradle gyms, hanging mobiles

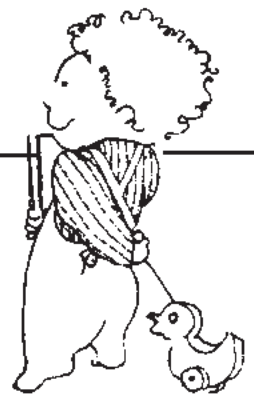
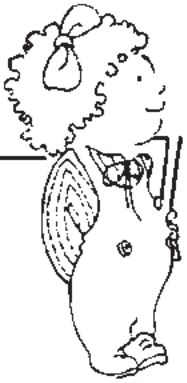


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5 – 8 Months



BABIES SHOW US THEY KNOW WHAT'S HAPPENING!

Babies from 4-12 months are beginning to be very attached to their mommies. Some babies reject strangers or cry when strangers get close. THIS MAY BE A HARD TIME TO LEAVE CHILDREN IN CHILD CARE.

If your baby does cry or get upset when you leave, don't scold. Hold, comfort, love and talk to your baby. Say that you must leave, but that you'll be back. You may have to go through this process a few times, so the baby will learn to trust that you really WILL return. Parents and child care providers should work together to help the child get used to a new situation.

These babies are also learning about their own bodies and about the world around them. They are reaching out. They examine things first with their eyes, with their hands, and with their mouths. They listen, they respond, and they love to imitate what you do.

What Do These Babies Like To Do?

- Roll over
- Suck on fingers
- Smile
- Sit up
- Touch things
- Reach for things
- Grasp things
- Coo
- Drop (if teething)
- Move around
- Wave hands in the air
- Drop things on purpose
- Pull to stand up
- Look in mirrors
- Lean forward to grasp an object

Activity:

These children love to put things into a pan and then empty them out. Take a container and several objects and place them in front of the baby. Fill up and empty the container while explaining what you are doing. Then let the baby try. (This can occupy a lot of time; it will also help to show how small and big are related and how babies are related to the big world!)

What Can I Do With Babies This Age?

- Place safe toys in front of them
- Play games like "Pat a Cake" or "Peek a Boo"
- Sing and talk to them
- Hold them
- When babies do something new, give praise with words, a smile or a hug
- Name and point to objects around the house
- Keep them in a place where they can see other family members
- Give them a bath
- Go for walks
- Listen to music

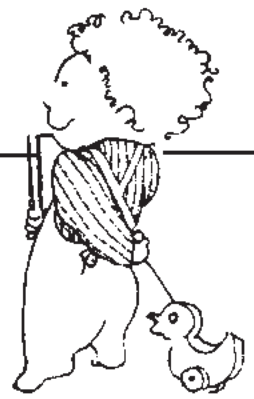


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9 – 12 Months



BABIES BEGIN MORE ACTIVE EXPLORING

Most babies at this age are sitting up and crawling; some can walk while holding onto something. To help these children learn, remember that they must touch, taste and experiment with the objects in the world around them. They are curious and have no fears. You must make your house safe for their explorations.

Toddlers and creepers must be free to roam safely while exploring. Playpens, gates and high chairs can be helpful, but should not be used for long periods of time, because they will slow down a child's curiosity and thinking. Make sure that medicines and sharp or poisonous objects are put out of the way. The rooms in which a child is cared for should be uncluttered too, because babies reach for everything at this age. Staircases need to be gated and your baby needs to be watched all the time.

What Do These Toddlers Like To Do?

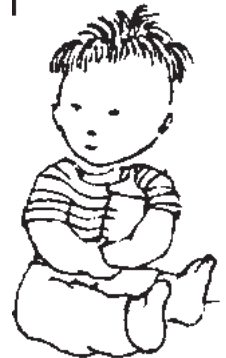
- Sit up — pull up on furniture
- Walk around furniture
- Move around, crawl
- Go to different places or change positions a lot
- Talk
- Play with water
- Play with other children
- Feed themselves (crackers, cheese, etc.)
- Point, touch, poke with index finger
- Say “no” or “bye-bye”
- Untie shoe laces
- Listen to instructions
- Look around, look at themselves in a mirror
- Touch everything
- Investigate
- Swing

Activity:

“Hide and Seek” is a good game for these toddlers. You can use a container and a blanket or a box inside a box. Place an object inside the box while the toddler watches; then show how to find it. (Remember to always explain to the child what you are doing.) Hide and Seek helps the toddler realize that objects don't disappear just because they can't be seen. It also develops the ability to respond to simple instructions. Peek a Boo is fun, too. Hide behind a wall or behind a pillow or hide your face behind the palms of your hand. Pop out and smile at the baby.

What Can I Do With Toddlers This Age?

- Put things inside or under other things
- Play “Peek a Boo” and other games
- Give things to bang together
- Fill a low kitchen drawer with baby-safe items (measuring spoons, spatula, rolling pin) for baby to explore while you cook
- Push a toy, pull it back
- Read a story
- Constantly talk to them
- When the child does something new, give praise with a smile, words, or a hug
- Give them a bath
- Let them imitate your smile and sounds
- Bounce or dance to music
- Take them to a toddler playground
- Go for a stroller ride
- Sing



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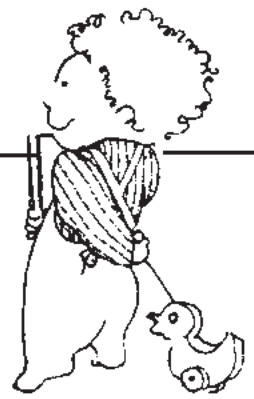
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12 – 18 Months



AH! ONE YEAR OLD. OH, HOW TIME FLIES!

It seems like only yesterday that your baby came home from the hospital. The baby has just accomplished or is about to accomplish the most visible and dramatic physical achievement – walking. If baby is just beginning to take steps, notice that the more praise you give, the more steps baby takes before falling down.



Babies walk in three stages: (1) they take steps, (2) they take more steps while learning to balance themselves, (3) finally, they're off. Most babies tend to slim down when they start to walk, because they use up more fuel. This only means that baby fat is now turning into muscle tissue. The discovery of walking causes most toddlers to become fussy eaters and sleepers. If the child is still sucking a bottle or at least getting one pint of milk a day, there is little cause to worry because s/he is still getting the necessary proteins. As for naps, usually after the toddler has mastered the art of walking, s/he will soon relax enough to take at least one nap a day. So now your baby is walking into a new world. Parents should not be fearful of this; remember that your baby will always be your baby. It will be challenging to keep up with your baby's many changes.

What Do These Toddlers Like To Do?

- Stand alone
- Wave
- Climb
- Take covers off containers
- May undress self
- Can repeat some words
- Look at and point to moving objects
- Stack things
- Express different emotions
- Feed self
- Scribble
- Look at pictures and picture books
- Throw things
- May proudly tell you their diapers are wet
- Empty wastebaskets or other containers
- Play with pots and pans
- Investigate
- Dance to music
- Pull or push wheeled toys



Activity:

By now, the stander-toddler has lots of experience placing objects in containers. Look around the house and select two sets of objects such as some wooden blocks or empty yogurt containers (avoid objects with sharp edges). The toddler will soon learn that not only can both be stacked (even stacked together), but that they make different sounds. S/he will also learn that yogurt containers can roll and things can be put into them, but nothing can be put into the blocks. This helps expand the toddler's way of thinking about the world and how things work.

What Can I Do With Toddlers This Age?

Let the baby know there are certain places she can go, and other places she can't go. Make safe places for her to play.

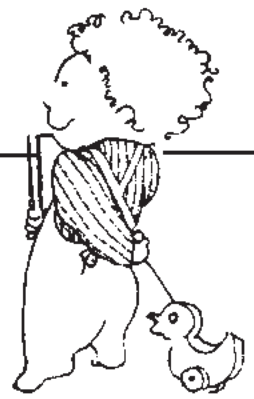
This is a time when children explore everything. Make sure your house is babyproof!

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18 – 24 Months



NOW WHAT? BABY'S ALMOST TWO!

Have you noticed lately that your toddler does the opposite of what you say, or seems very stubborn or throws temper tantrums? Well, congratulations, your child has just reached the “Almost Two” stage: not quite a baby anymore, but still not talking much. Your child is very smart and likes to test you.

This can be a very trying time for any parent or caregiver. It's okay to feel exasperated at times. Remember, when you get upset or frustrated, so does your child. Try to be firm and loving at the same time. At this age, children love to go on walks and look at animals and other new objects. Explain to them very clearly and slowly what they are seeing. Then repeat it. You will notice that they try to repeat what you say. This is how your baby will learn to speak.

What Can I Do With These Toddlers?

- Give them as much attention as possible
- Make them feel good about new skills and encourage them if they fail
- Take them on walks
- Read to them
- Use words – talk to them
- Sing
- Play catch with large balls
- Play with finger puppets
- Untie shoe laces
- Unzip zippers
- Wind up toys
- Stack things with them or show them how
- Help them put things into and out of boxes or other small places
- Say NO when they do something you don't like

What Do These Toddlers Like To Do?

- Scribble
- Dance
- Open drawers
- Explore new situations
- Talk
- Copy what you do
- Look at books
- Wind up toys
- Turn knobs
- Push buttons
- Do things for themselves
- Feed themselves
- Listen to music
- Take a bath
- Put on hats
- Put on adult shoes
- Imitate sounds (cows, dogs, etc.)



Activity:

The child is surrounded by many sounds. Make a game out of imitating common sounds. When a jet goes by overhead, say “Listen, it goes zoom. Let's try to zoom too.” When a truck goes by, imitate its sound. Chirp like a bird, or meow like a cat at the same time telling the child what makes these sounds. Children learn in this way and at the same time enjoy themselves.

This is a time when children are very explorative. Make sure your house is babyproof!

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