



They may:

- Feel anxious when the adult they spend the most time with leaves the room.
- Need a favorite blanket or stuffed animal to feel secure.
- Like to watch other children (but may not want to play with them yet).

What you can do:

- Play simple games.
- Keep talking to your baby.
- Name pieces of clothing during dressing time.
- Start setting behavior limits. Avoid using “no” too much. Try “hot” and “careful” sometimes.
- Reward desired behavior with praise, a smile or a hug.

From 1-2 years, your baby is making the big change from being an infant to being a child. Learning really takes off now! Children this age want to test their independence. But they want their parents nearby.

Children this age:

- Learn to sort things by color, shape and size.
- Know what things are used for (they’ll put a comb in their hair, for example).
- May say sentences of 2-4 words.
- Love doing the same thing over and over.
- May be interested in other people but still see themselves as the center of everything.

- Don’t yet understand rules or know good from bad.

What you can do:

- Give chances for different kinds of play. But avoid forcing your child to play a certain way.
- Give things that your child can put together, take apart or sort.
- Provide crayons and large pieces of paper to scribble on.
- Help your child name animals, colors, etc. in picture books.
- Help your child handle feelings.
- Keep praising good behavior.
- Try to prevent tantrums. Distract your child before he or she gets too frustrated.

Adapted from “Developing Your Baby’s Intelligence.” © 2000 Prevent Child Abuse America.

Developing Your Baby’s — *Intelligence*



Information courtesy of





The first two years of life are key to future learning!

The brain grows at an amazing speed from birth to age 2, and a baby's experiences affect how the brain develops. You can make your child smarter by providing lots of experiences. Every effort you make to teach and encourage your child helps his or her brain cells make connections. And these connections are a key to your child's ability to learn in school and succeed in life.

Brain cell connections may also affect how a person handles things such as stress. You can help by giving your child loving, responsive care. Scientists believe that babies who grow up being loved tend to form brain cell connections that help them learn healthy ways to handle stress. And that's an important part of having a healthy life.



From birth to 3 months your baby will sleep a lot. But your baby will learn a lot when he or she is awake. Babies are learning to use their senses at this age.

They:

- See best at 8-15 inches away at first, and can focus three feet away by one month.
- Know and like familiar faces and voices by the time they're a few weeks old.
- May be scared by quick movements and loud noises.

- Cry, fuss and thrash around to show they're hungry, tired or wet.
- Gurgle and coo when they're happy and comfortable.

What you can do:

- Hold your face close to your baby's to let him see it.
 - Move things from side to side in front of your baby's face. Watch how your baby follows with his eyes.
 - Talk to, sing to and smile often at your baby.
 - Say something back or reply with pleasant sounds when he or she babbles and coos.
 - Make faces for your baby to copy.
 - Cuddle your baby when happy or cranky.
- Never shake or toss a baby or young child. It can cause serious injury.**

Don't worry about spoiling a baby this young. Give your baby plenty of attention when he or she cries or fusses.

From 3 to 6 months, your baby is ready to learn more! Babies are now more alert and active. They're starting to learn about getting along with others.

They:

- Like to put things in their mouths. This is one way they explore.
- Communicate with different sounds. Loud wails may mean they're scared, squeals may mean they're happy.



- Like to say 1-2 syllables over and over.
- Smile back or move around when someone smiles or plays with them.
- May start fearing strangers.

What you can do:

- Give your baby blocks, soft toys, plastic bottles and other safe toys. (Do not give anything that can break. To avoid choking, keep small things – and things with small parts – out of reach).
- Try playing peek-a-boo.
- When your baby babbles, reply with "Is that right?" or "That's interesting!"
- Read to your child often.
- Show your child the world around you.
- Take him or her different places to see and hear new things.

From 6 months to 1 year, your child is a natural explorer! Big discoveries are taking place!

Babies this age:

- May remember things for 1-2 days.
- Know some simple words such as "bye-bye" and "no."
- Respond to their name.

Babies grow very attached to parents at this age.