

BY AGE 5, CHILDREN'S FOOTSTEPS ARE ON THEIR LIFE PATHS.

New Moms

Children's brains are growing rapidly during infancy and early childhood. This is the time when learning is taking place at a fast pace. Parents are their child's first teacher and can help them learn and grow.

Moms and New Parents Can Nurture Their Children in Many, Simple Ways

- Get children's immunizations and developmental screenings on time
- Hold baby gently when he or she is upset
- Always use a soothing voice
- Talk, read and sing with babies and children
- Encourage exploration with safety limits
- Talk to baby in simple sentences
- Help children label their feelings
- Praise and compliment children often
- Offer choices to baby and children
- Provide opportunities for social and peer play
- Ensure children's environments are free from second hand smoke, TV or other violence, and alcohol or drug use or activity



New Dads & Partners

Dads have a special place in the life of a child. They provide love and security, support to mother and baby and are actively engaged in their children's wellness and development.

There are many different kinds of fathers. Dads can be part of a traditional two-parent family, a blended family, shared parenting, or be a full-time single parent. You may know what kind of dad you want to be based on your own childhood memories.

Dads Play an Important Role in the Growth of a Child

- Hold, rock, talk and read to baby and young children, even before they are born
- Help babies and children explore the world and find new things to try
- Attend preschool parent night and talk with your preschool teacher
- Provide security for mothers and children, financial and emotional
- Please don't work too much! Spend quality time with your child



Trusted Caregivers

Choosing someone to care for your new baby while you are away will be an important task.

Some Things to Consider When Choosing Other Caregivers

- Never allow new people, including partners, to be alone with your child until you are sure they will care for your baby properly
- Before allowing someone to care for your baby, observe their day-to-day interactions
- Be aware of potential caregivers' pasts, patterns and promises
- Make sure caregivers know the rules about safe sleep, healthy food choices and the preferred ways to re-direct toddlers' and young children's behaviors

