

Feeding

What to Expect

Baby:

Birth-3 months

- Enjoys feeding, feels comfortable and safe (sucks and swallows easily, gains weight, seems content)
- Gazes at or turns toward parent, nuzzles or cuddles while feeding

3-6 months

- Sometimes shows more interest in sights and sounds around him than in feeding

6-9 months

- Explores breast or bottle during feeding; touches, tastes, and plays with different foods; tries to hold feeding spoon

9-12 months

- Gains more confidence and control during feeding (feeds herself with her fingers, holds and drinks from a cup)

Parents:

- Learn baby's hunger cues and respond promptly and lovingly
- Are sensitive to baby's cues when feeding (pause or stop when baby is drowsy, turns head away, or sucks less vigorously)
- Hold, cuddle, and talk to baby during feedings
- Keep feeding and sleep schedules somewhat regular to help baby feel secure
- Encourage baby to touch and taste different foods, feed herself with her fingers, and hold and drink from a cup (9-12 months)

When to Seek Help

If your baby:

- Lacks interest or enthusiasm in feeding
- Is often fussy or upset during or after feeding
- Does not cuddle or respond to you during feeding
- Has poor weight gain or other feeding problems (has trouble sucking and swallowing, or spits up a lot after feeding)
- Shows no interest in finger-feeding or using a cup (by 12 months)

Or if you, as parents:

- Feel uneasy holding, cuddling, or feeding your baby
- Are not sure when to feed your baby
- Think you may be feeding your baby too little or too much
- Are trying to keep your baby on an exact feeding schedule

Sleeping

What to Expect

Baby:

- Usually sleeps after feeding, wakes when hungry (newborn)
- Settles into a routine of sleep/wake times; takes 2-3 naps during the day, sleeps more at night (3-6 months)
- Stays awake much of the day, sleeps most of the night (6-12 months)
- Feels secure with a comforting bedtime routine
- Gradually adapts to family's sleep patterns
- Learns self-soothing behaviors (sucking fingers, holding comfort item like soft toy or blanket) to settle down for sleep

Parents:

- Respond to cues that baby is sleepy or overtired; help baby settle down for sleep
- Create a comforting bedtime routine (spend quiet time cuddling, singing, reading, or softly talking to baby before bedtime)
- Encourage baby to use self-calming behaviors to fall asleep on his own; offer a comfort object
- Provide a quiet room and safe sleep setting (always place baby on his back to sleep; avoid loose bedding or spaces that could trap or smother baby)

When to Seek Help

If your baby:

- Has a hard time calming down at bedtime; needs a lot of help to fall asleep
- Has trouble settling into a good routine of sleep and wake times
- Wakes and cries often at night, is not able to fall back to sleep on her own (by 6 months)

Or if you, as parents:

- Have a hard time helping your baby fall asleep or stay asleep
- Have trouble keeping a regular bedtime routine for your baby (6-12 months)
- Need ideas for keeping your baby safe in a crib or while sharing a bed
- Are usually exhausted or upset because you do not get enough sleep
- Are smoking, drinking, or using drugs while in bed with your baby

Crying and Comforting

What to Expect

Baby:

Birth-3 Months

- Cries to express her needs and feelings (hungry, wet, tired, lonely, in discomfort)
- Can usually be calmed or comforted within a few minutes (by 3 months)
- May have colic or fussy periods caused by stomach pains or discomfort (1-4 months)

3-6 months

- Feels calm, content, and secure as his needs are met

6-12 Months

- Begins to soothe herself some of the time by sucking her fingers or holding a comfort object (soft toy or blanket)

Parents:

- Hold, rock, and softly sing or talk to baby to help comfort him
- Learn baby's different cries, and how best to respond
- Always respond quickly to cries of distress or discomfort
- Encourage self-soothing behaviors (offer comfort object or toy, wrap or dress baby so his hands are free and he can suck her fingers)



- Allow baby a few minutes to calm down on his own when he is tired or fussy (6-9 months)
- May feel frustrated if unable to comfort baby despite best efforts

When to Seek Help

If your baby:

- Does not turn to you for comfort or respond to your efforts to console him
- Seems fretful and unhappy much of the time
- Cries for hours at a time and is very hard to calm
- Is not able to calm himself some of the time (6-12 months)

Or if you, as parents:

- Have a hard time knowing what your baby's different cries mean and how you should respond
- Have concerns that you might "spoil" your baby if you give him attention every time he cries
- Allow your baby to cry for a long time without trying to calm her or make her feel better
- Get upset and feel like shaking or hitting your baby when she cries
- Need ideas to help your baby learn how to calm herself

Discovering Self and Others

What to Expect

Baby:

Newborn-3 months

- Looks at faces and follows with his eyes (newborn); can maintain eye contact (by 1 month)
- Smiles and coos in response to others (by 2 months)
- Shows interest in life around her (sights, sounds, people, pets, movements)

3-6 months

- Enjoys social play (babbling, giggles, laughs)
- Delights in playing with his hands and feet
- Shows range of feelings like joy, surprise, anger, fear (by 5-6 months)

6-9 months

- Responds to her name, smiles at her image in mirror
- Plays games like peek-a-boo or pat-a-cake
- "Talks" by babbling and trying to imitate sounds
- Reaches for familiar persons (6 months); may become fearful with strangers (7-9 months)

9-12 months

- Imitates actions (talking on phone, waving bye-bye)
- Learns that his actions have an effect (drops, dumps, rolls, pushes and pulls toys)
- Grows more independent (crawls, pulls to stand, may take a few steps)

Parents:

- Hold and cuddle baby; gently and playfully move her arms and legs
- Provide a variety of sights, sounds, colors, textures (safe toys, rattles, mobiles, crib gyms, music)
- Talk, sing, read, show pictures to baby; play games such as peek-a-boo with baby
- "Teach" baby to imitate sounds, words, movements
- Learn to be "in tune" with baby's needs and feelings
- Let baby lead playtime, and respond to her interests
- Help baby play safely and explore new things
- Gently encourage baby to try doing things on his own; stay nearby to keep him safe
- Help baby feel secure in new situations (reassure through touch, eye contact, words)

When to Seek Help**If your baby:**

- Does not respond when held or cuddled
- Seems to "shut down" (does not smile or make eye contact)
- Does not coo or make sounds when you talk to him
- Shows no response to people's faces or voices
- Does not react to sound, light, or movement
- Shows little interest in exploring her surroundings

Or if you, as parents:

- Think your baby is not developing as he should
- Have concerns because your baby does not seem to be doing things that others her age can do
- Want ideas for making playtime safe, fun, and creative
- Are not sure about the kinds of toys or objects your baby should look at and play with
- Need help making your home safe for your baby to move around and explore



Eating and Sleeping

What to Expect

Child:

- Likes to explore new foods, choose what he likes, and feed himself (using fingers first, then child-size spoon; drinks from a cup)
- Enjoys being part of family mealtimes and "table talk"
- Has a regular bedtime routine (cuddles while listening to stories, goes to bed at same time each night)
- Can usually settle herself down to sleep, may hold a comfort object (soft toy, blanket)
- Sleeps through the night
- May have nighttime fears like monsters in the dark

Parents:

- Offer a variety of healthy foods, allow your child to choose what and how much to eat
- Eat family meals together, keep mealtimes pleasant and unrushed
- Avoid using food for comfort, reward, or punishment
- Have a regular bedtime routine, cuddle while reading a bedtime story together
- Gently help your child learn how to soothe and settle himself for sleep
- Calm your child's fears, help him feel safe and secure
- Provide a safe, quiet place for your child to sleep (no loose bedding, waterbeds, or spaces where child could fall or be trapped)



When to Seek Help

If your child:

- Wants to eat all the time and begs for food
- Refuses to eat or doesn't enjoy mealtimes
- Has temper tantrums about foods
- Shows little interest in feeding herself
- Refuses to go to bed or stay in bed
- Has trouble falling asleep or staying asleep
- Has strong nighttime fears or scary dreams

Or if you, as parents:

- Have concerns or power struggles over your child's eating
- Are trying to force your child to eat certain foods
- Feel pressured to increase or decrease your child's weight
- Get upset when your child won't eat or makes a mess when eating
- Are worried about having enough money to buy food
- Have a hard time getting your child to fall asleep or stay asleep
- Need help handling bedtime problems, night waking, or nighttime fears

Self-Care and Toileting

What to Expect

Child:

- Wants to do some things for himself without your help
- Feels good when she learns to wash her hands and face, brush her teeth, and dress herself (2-4 years)
- Shows that he is ready to learn how to use the toilet: knows the difference between wet and dry, can pull his pants up and down, gives some sign before wetting or bowel movement, stays dry for 2 hours or more (2 to 2-1/2 years)

Parents:

- Teach your child basic self-care skills (handwashing, toothbrushing, dressing), and help make these routines fun
- Encourage and praise him as he learns to make choices and grow more independent
- Support and assist your child if she returns to baby-like behaviors at times of change or stress; avoid shaming or criticizing
- Wait to begin toilet training until your child seems ready
- Delay toilet training if major changes occur in family (new baby, home, or child care)
- Deal with "accidents" calmly and with acceptance
- Avoid conflicts or struggles over self-care or toileting

continued

Self-Care and Toileting Continued

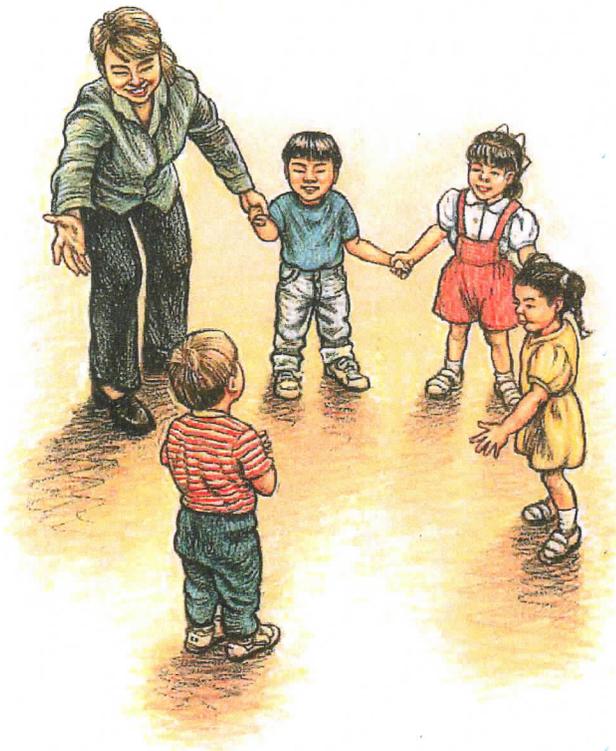
When to Seek Help

If your child:

- Shows no interest in learning to wash and dress herself
- Has made little progress in self-care or toileting (by age 3)
- Is unable to control his body functions or use the toilet (by age 3)
- Seems very afraid of using the potty or toilet
- Goes back to soiling herself after she has learned to use the toilet
- Holds back or refuses to have bowel movements

Or if you, as parents:

- Find it hard to let your child try doing things for himself
- Are having struggles with your child over self-care or toileting
- Worry that your child doesn't seem able to learn how to use the toilet
- Are pushing too hard (or feeling pressured) to toilet train your child
- Get very upset or punish your child when "accidents" occur



Developing the Self: Personality, Emotions, and Independence

What to Expect

Child:

- Learns to name and express feelings (joy, anger, fear, sadness)
- Is very curious and loves to explore
- Is aware of gender
- Becomes more aware of others' feelings
- Likes the word "no" and uses it often (even when he means "yes")
- Likes to test limits but accepts them most of the time
- Finds it hard to control strong emotions like anger and frustration
- May have temper tantrums
- Makes some choices (books to read, clothes to wear)
- Does simple chores (picks up toys, puts dirty clothes in hamper)
- Feels good about himself, his body, and what he can do (run, jump, climb, throw) (3-4 years)
- Learns basic skills (drawing, sorting, counting, letters and numbers) that help her feel ready to start school (4 years)

Parents:

- Accept and support your child's developing personality and style
- Help your child name what she's feeling, talk about your own feelings
- Praise good behavior and efforts; smile, give hugs
- Talk with your child about what you do together; help him name what he sees, hears, and does
- Allow your child to make some choices about snacks, clothing, stories, playtime
- Give your child freedom and space to explore safely; stay close by
- Set safe and secure limits
- Help your child deal with anger and other strong feelings; learn what helps him gain control (holding, calmly talking, distraction)
- Discipline with gentle restraint, distraction, or "time out"
- Expect behavior that matches your child's age and abilities
- Encourage your child to be kind and helpful