

Recommendations for Care for Child Development



NEWBORN, BIRTH UP TO 1 WEEK

Your baby learns from birth



Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently soothe, stroke and hold your child. Skin to skin is good.

1 WEEK UP TO 6 MONTHS



Provide ways for your child to see, hear, feel, move freely, and touch you. Slowly move colourful things for your child to see and reach for. *Sample toys: shaker rattle, big ring on a string.*

6 MONTHS UP TO 9 MONTHS



Give your child clean, safe household things to handle, bang, and drop. *Sample toys: containers with lids, metal pot and spoon.*

9 MONTHS UP TO 12 MONTHS



Hide a child's favourite toy under a cloth or box. See if the child can find it. Play peek-a-boo.

12 MONTHS UP TO 2 YEARS



Give your child things to stack up, and to put into containers and take out. *Sample toys: Nesting and stacking objects, container and clothes clips.*

2 YEARS AND OLDER



Help your child count, name and compare things. Make simple toys for your child. *Sample toys: Objects of different colours and shapes to sort, stick or chalk board, puzzle.*

PLAY



Look into baby's eyes and talk to your baby. When you are breastfeeding is a good time. Even a newborn baby sees your face and hears your voice.



Smile and laugh with your child. Talk to your child. Get a conversation going by copying your child's sounds or gestures.



Respond to your child's sounds and interests. Call the child's name, and see your child respond.



Tell your child the names of things and people. Show your child how to say things with hands, like "bye bye". *Sample toy: doll with face.*



Ask your child simple questions. Respond to your child's attempts to talk. Show and talk about nature, pictures and things.



Encourage your child to talk and answer your child's questions. Teach your child stories, songs and games. Talk about pictures or books. *Sample toy: book with pictures.*

COMMUNICATE

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1 WEEK

6 MONTHS

9 MONTHS

12 MONTHS

2 YEARS

- Give your child **affection** and show your **love**
- Be aware of your child's **interests** and respond to them
- Praise your child for trying to learn new **skills**