Delaware Health
and Social Services

Office of the Secretary

1901 N. DUPONT HIGHWAY, NEW CASTLE, DE 19720 * TELEPHONE: 302-255-9040 * FAX : 302-255-4429

Dear Parent:

Congratulations! You are a parent of a new baby! You are beginning one of the most important jobs you will ever have.

We have prepared this information to help you be the best parent you can be. In this envelope, you will find:

- **A Calendar** that describes how children grow and learn from birth through age 5. The calendar has information about your child's health, activities to do with your child, and safety concerns. Hang this calendar on the wall of your baby's room or put it in a place where you can look at it often. In the back of the calendar, you will find information on:
  - *How to handle a baby who is fussy and crying.*
  - *What to do if you are concerned about your child's development.*

- **A Welcome Card from the Governor** containing an ***Immunization Record*** to write dates when your child has each immunization. As your child grows, you will be asked many times:
  - *When did your child have this immunization?*
  - *Is your child allergic to any medication?*

  Having the answers in one place will save time and worry. Take this ***Immunization Record*** with you each time you go to your health care provider.

- **A List of Phone Numbers** of organizations that are helpful to parents. Hang this list by your telephone or place it in your telephone book so you can quickly find it when you are looking for a phone number. Add phone numbers that are important to you.
- **The Newborn issue** of the ***Just in Time Parenting*** newsletter series. Fill out the ***Just in Time Parenting*** subscription form enclosed with the newsletter. After you mail the form, you will begin receiving one issue each month. The newsletters explain how babies grow and ways you can help your baby learn.

Please use this envelope to keep important information about your child.

Life is very busy when you have a child. Keeping important information in one place where you can find it easily will help you and your child.

Being a parent is a big responsibility. There are no perfect parents, there are many parents trying to do the very best job that they can. ***We want to support you to be the best parent your child can have!***

Sincerely,

Kara Odom Walker, MD, MPH, MSHS

Cabinet Secretary

Growing Together

Calendar for Parents

Dear Parent:

Congratulations on the birth of your baby. Whether it's your first child or you're already an experienced parent, this is the start of a wonderful, exciting, and challenging relationship.

We are pleased to share this calendar with you to help you be the best parent possible to your child. We now know that it is very important for your child to have a good start in these first years. As parents, what you do with and for your child in the first 60 months lays the foundation for the rest of her or his life.

This calendar describes how your child will grow and learn from birth through age 5. It is full of suggestions to make your job as a parent easier and to help you have a healthy child. It contains safety information and activities for you and your child. Also included is information on what to do if you are concerned about your baby's development.

Please take a few minutes to read through the calendar. Then hang it where you can look at it often and use it as a guide during the first years of your baby's life.

I am committed to helping strengthen Delaware's families. Working together, we can provide a loving, nurturing environment for every one of our children. I wish you and your new baby every happiness.

Sincerely,

John C. Carney

John C. Carney
Governor

READ To Your Child Every Day

The most important activity you can do to help me succeed in school

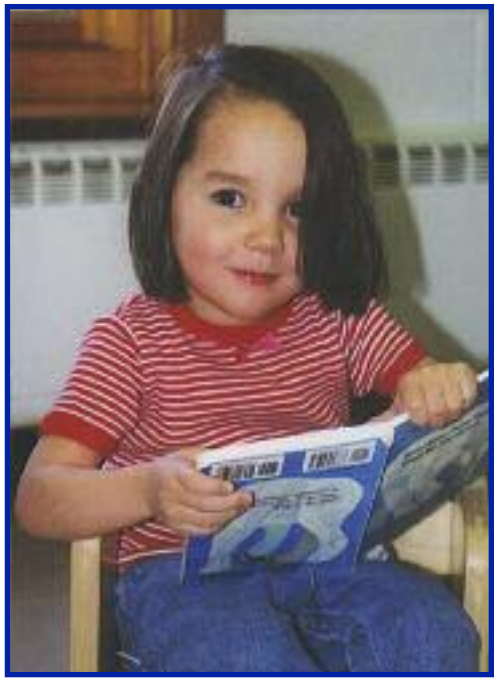
is to read aloud to me every day from the time I am a newborn. Reading to me as a newborn helps the parts of my brain that handle speech and language develop. The more words I hear when you talk, read, and sing to me, the more this part of my brain grows. Reading to me will prepare me with the skills I need to learn to read, write, talk, and understand information when I am older.

You can easily find items to read with me.

- books from the library
- newspapers
- catalogs
- magazines

You can help me like reading.

- Read to me as a newborn for a few minutes at a time. When I lose interest, stop reading. As I get older, read to me longer.
- Make it part of my routine to read to me at least one time during the day.
- Say nursery rhymes, demonstrate finger plays and sing songs with me. They help me learn to listen and remember.



- Get a library card so that we can borrow books and videos free from the library. You can find the library closest to us on this website: ***www.lib.de.us***
- Let me choose the books I want you to read to me. Be patient with me if I want you to read the same ones over and over. Repeating helps me to remember, it's my way of practicing.
- Keep books where I can reach them. Have books in the rooms where I play. Keep books in the bag we take everywhere.
- Encourage me whenever I try to read letters, pictures, signs, and books.

As we read together:

- Point to the pictures and words you are describing.
- Speak the way that you think the character speaks. If the character is happy, sound happy when you read to me.
- Talk about the story with me. Ask me questions about the story like, what I liked about the story and what happened. Ask me to retell the story in my own words. You can help me by asking What happened next? or And then what? Try letting me read the story back to you.

SIDS Reduce The Risk of Sudden Infant Death Syndrome

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of an infant under one year of age. SIDS, sometimes known as crib death, is the leading cause of death in babies from 1 month to 1 year of age. Most SIDS deaths occur when a baby is between 2 and 4 months old. Most deaths occur in the fall, winter, and early spring.

The death is sudden. There are no warning signs that something is wrong. In most cases, the baby seems healthy. Death occurs quickly, usually when the baby is asleep. After 40 years of research, scientists still cannot find definite causes for SIDS. There is no way to predict or prevent SIDS. However, scientists have found some things that can help reduce the risk of SIDS. These suggestions are described here.

Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.

Put your baby on his or her back to go to sleep. Whether your baby is having a nap or going to sleep for the night, place your baby on his or her back. Every time it is time for baby to go to sleep, place the baby on his or her back.

This is one of the most important things you can do to help lower the risk of SIDS. Because of all the studies about SIDS, doctors now know how important it is for babies to sleep on their back to greatly reduce the risk of SIDS. You should always place your baby to sleep on a firm sleep surface, such as a safety-approved crib, bassinet, or portable play area. Use tight-fitting bedding, such as a fitted sheet, to help prevent your baby from getting tangled up in the bedding. Babies who sleep under a soft covering, such as a soft blanket or quilt, are at higher risk for SIDS, strangulation or overheating. *If you have questions about the sleep position for your baby, call your doctor or nurse.*

Check with your doctor or nurse. Most babies should sleep on their back. A few babies might have health conditions that might cause them to need to sleep in a different position. Talk to your doctor or nurse if your baby was born with a birth defect or has a breathing, lung or heart problem. Ask which way to place your baby for sleep.

Some parents worry. They worry that babies sleeping on their backs may choke on spit-up or vomit. Millions of babies around the world now sleep on their backs. Doctors have not seen more babies choking or having other problems. They have found fewer babies dying of SIDS.

Babies learn to sleep on their backs. Newborns are not born with a favorite position for sleep. It is a learned behavior. Placing your baby on his or her back from the beginning will make it a habit so that your baby is comfortable that way.

Let your baby have "tummy time" while awake. Spending time on the stomach is good for your baby. Do this when you are playing with your baby to help strengthen your baby's neck and back muscles.

Ways you can help reduce the risk of SIDS

Place your baby on his or her back to go to sleep. Every time, put your baby on his or her back to sleep. Tell anyone who may be watching your baby so that they know and place your baby on his or her back to go to sleep, too.

Check your baby's bed. Make sure that the mattress is firm and safety-approved. Do not use fluffy blankets or comforters under your baby. Never place your baby to sleep on a waterbed, sheepskin, quilt, pillow or other soft surface. When your baby is very young, do not place stuffed toys, pillows, blankets, quilts or crib bumpers in the crib with your baby. Some babies have stopped breathing with these soft materials in their cribs.

Keep the temperature in your baby's room comfortable. The baby's room should be warm but not too warm. Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

Do not share a bed with your baby. Beds for adults are not safe sleeping places for babies. Do not place your baby in your bed, ever. This places your baby at a high risk for suffocation. You might roll over on your baby or your baby might become trapped between the wall and the edge of the bed. Babies can also push up against pillows and comforters. When this happens, they may not be able to get air to breathe. Babies who sleep in their own crib in their parents' room for the first six months of life have a lower SIDS rate.

Do not use a car seat, carrier, swing, or similar product as your baby's everyday sleep area. Never place your baby to sleep on soft surfaces, such as on a couch or sofa, or on pillows, comforters, quilts, or sheepskins. Do not place your baby to sleep on a waterbed, sofa, or soft mattress that allows the baby's head to sink into the surface.

Don't allow smoking around your baby. Being around people who are smoking or being in places where people have smoked increases a baby's risk of SIDS.

Use a dry pacifier. Scientists have found that using a pacifier decreases the risk of SIDS. After your baby reaches one month old and breastfeeding is well established, think about using a clean, dry pacifier not attached to a string when placing the baby down to sleep. Don't force your baby to take it, though. If the pacifier falls out of the baby's mouth after going to sleep, it does not have to be placed back in the baby's mouth.

Visit the doctor. Take your baby to well-baby visits. If your baby seems sick, call the baby's doctor right away. Make sure your baby receives immunizations at well-baby visits. Immunizations reduce the risk of several diseases. If your baby is not immunized and has one of these diseases, it could result in your baby having a disability.

Take care of yourself when pregnant. Early and regular prenatal care for the mother before her baby is born is important. This can also help to reduce the risk of SIDS. The risk of SIDS is higher for babies whose mothers smoked during pregnancy. For the baby's wellbeing, do not use alcohol or drugs during pregnancy unless prescribed by a doctor.

Breastfeed your baby. Breast milk helps to keep your baby healthy. The more your baby is breastfed the lower the risk of SIDS.

Rev. 3-15

Enjoy your baby!

Most babies are born healthy. Most babies stay healthy. Don't let the fear of SIDS spoil your joy and enjoyment of having a new baby.

If you have questions about your baby's sleep position or health, first talk to a doctor or nurse. For more information about the **"Safe to Sleep"** campaign, call free of charge, 1-800-505-CRIB. Or you can write to: **Safe to Sleep**, P.O. Box 3006, Rockville, MD 20847

SAFE TO SLEEP

http://www.nichd.nih.gov/sids/

This information is from the U.S. Public Health Service, American Academy of Pediatrics, SIDS Alliance, and Association of SIDS and Infant Mortality Programs.

Growing Together

Prepared by the University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic design and prepress services by Precision Arts, Inc.

NEWBORN

Check the things that I am doing. Show this list to the doctor or nurse when we go for my check-up.

Watch for me to:

- ❑ look to see who is talking.
- ❑ move my eyes to follow something that moves in front of my face.
- ❑ look at you, look away, and then look at you again when we are playing. I can see best when an object is about 8 inches from my face.
- ❑ sleep a lot. I don't know when it is night, so I will wake up in the night and want to eat.
- ❑ let you know when I am hungry. I should be fed on cue. My belly is small so I will need to eat often. When I'm not eating, I may sleep most of the time.
- ❑ be fussy and cry more than you would like me to cry. Don't be afraid to hold me, you won't spoil me. If it gets to be too much, don't be afraid to put me in my crib and walk away.
- ❑ I like to suck on anything I can. If I look peaceful, this probably means I'm not hungry.
- ❑ be startled by loud noises.

To learn more about how I grow, ask for the ***Just in Time Parenting*** newsletter. Each month it explains how I grow, games we can play, and ideas for dealing with trouble I get into. Either send the subscription form found in the newsletter in this packet, email: parenting@udel.edu or call:

New Castle County: (302) 831-8867
Kent County: (302) 730-4000
Sussex County: (302) 856-7303

You can also read it at:
bit.ly/DEjitp

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

New Skills and Talents:

_____

_____

_____

_____

I talk by crying.

- If I am crying, it could mean that I:
  - am wet.
  - am sleepy.
  - need to be burped.
  - am too hot or too cold.
  - am hungry.
  - want to change position.
  - want to be held.
  - have colic.
- If nothing seems to help me calm down, check with my doctor to see if something is wrong.
- Soon you will be able to tell the difference between my cry that says, ***Feed me***, and the one that says, ***Pick me up and hold me.***
- Remember, it is common for babies to have a fussy time each day.
- For more ideas to help me calm down, read ***How to Help Your Crying Baby*** at the end of this calendar.

Help me be safe.

Whenever we ride in the car, put me in a car seat and put the straps on right.

Delaware law requires that I be in a car seat when I am in a car. I should look out the back window. Take me to a car seat center to make sure the seat is placed correctly in our vehicle. The car seat is the only safe place for me to be, so use the car seat even if I fuss. Fussing is my way of telling you that I know I am in a different place.

Place me in a crib on my back to sleep.

Be sure the mattress is firm with a tight fitting sheet. Babies should sleep alone in a safe crib.

Check the batteries in our smoke detector.

Have you thought of how you would help me get out if there was a fire? Practice a fire escape.

Help me be healthy.

Before I go home from the hospital, I may have a hepatitis shot and I will have several tests done.

One test will be a hearing test. Another will be a blood test to screen for several genetic disorders. The doctor or nurse will take a small amount of blood by pricking my heel before I leave the hospital. I will need to have another test done before I am four weeks old. The hospital will give you information saying where I need to go to have the second blood test done. If the tests indicate a possible problem, you and my doctor will be notified and appropriate follow-up will be arranged.

When I go for my first check-up, I will be:

- weighed and measured.
- looked at everywhere.
  The doctor will look in my eyes, ears, and nose; listen to my heart and lungs; and examine my hips, abdomen, and umbilical cord stump.

The doctor will want to know how we are all doing as a family and will answer any questions that you have. Don't be afraid to ask questions. My health is very important. That is why we go to a doctor or clinic for the Well-Child check-ups.

Feed me when I let you know I am hungry.

Your breastmilk* is gentle on my belly. I will want to breastfeed at least 8-12 times a day, maybe more. Please ask my doctor about Vitamin D for me while I am breastfeeding.

I will show you when I am hungry. Look for these signs:

- Rooting: a reflex in newborns that makes me turn my head to the source to feed.
- Sucking on fingers or a fist.
- Moving, licking or smacking of lips.
- Fussing or crying.
- Excited arm and leg movements.

Stop feeding me when I tell you I am full. I will show you I am full by:

- sealing my lips together, decreasing sucking, spitting out or refusing the nipple, or pushing or turning away.
- milk begins to run out of my mouth.
- falling asleep.

I am getting enough to eat if:

- I am growing.
- you hear me swallowing while nursing.
- I look content after eating.
- I have at least 6 wet diapers a day.
- I produce a stool 3 or more times a day.

**remember for the first 6 months of life, breastmilk is the only food I need.*

Play with me. It helps me learn.

- Hold me, cuddle me, rock me, hug me, and let me look at your face.
- Change my position every once in a while.
- Talk to me, sing to me, and read to me.
- Put a picture on the side of my bed. Hang a mobile over my crib. Hang them securely so I can't pull them down.
- Listen to gentle music with me.
- For more activities to do with me, look at the *Delaware Early Learning Foundations for Infants and Toddlers* that can be found at: **http://decc.delaware.gov/files/2012/09/DOE-Early-Learning-Foundations-Infant-Toddler-Family-Activities-Final-.pdf**

Growing Together

Prepared by the University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic design and prepress services by Precision Arts, Inc.

1-2 MONTHS

For each of these items that I do, put a check in the box. Look back at the first list. Am I doing anything now I wasn't doing then? If I am, put a check in the box. Show this list to the doctor and nurse when we go for my check-up.

Watch for me to:

- ❑ wave, kick, and squirm when lying on my back.
- ❑ make sounds like *uh, eh,* and *oh.*
- ❑ look and stare at things. I look at you a lot.
- ❑ lift my head up and turn it sideways when I am on my stomach.
- ❑ turn to you and smile at you when I see or hear you.
- ❑ quiet down, move my eyes, or change my expression when I hear your voice or I hear some other noise.

You may notice that I also:

- ❑ sometimes cross my eyes or have only one eye open at a time. This is normal. I will do this until my eye muscles get stronger.
- ❑ gurgle, smile, and laugh when I am happy.
- ❑ have tears when I cry. My tear ducts are starting to work now.
- ❑ like to suck my thumb or pacifier. Sucking is a way that I learn about my world. It is also one way that I calm myself down.

Children are very different from one another.

Some children move and make sounds before others, some take a little longer. If I was born prematurely or have some special needs, it may take me a little longer to do some of the things listed. Help me to learn new things. If you are concerned, talk to my doctor or nurse.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

_____

New Skills and Talents:

_____

Play with me. It helps me learn.

- Let me feel different objects by rubbing them against my hands. Let me feel some soft materials and some that are bumpy. I like to feel the different clothes you wear.
- Tell me how special I am. Smile and talk to me a lot.
- Show me bright colors. I can easily see the difference between black and white and red and yellow.
- Look at me when you talk to me. I want to copy your mouth. Repeat the sounds that I make. I like the game of making sounds.

- Show me pictures in a book. Tell me about the pictures.
- **NO SCREEN TIME:** AAP recommends NO screen time for under two years of age. Screen time includes tv, computers, tablets, video games…even leaving a tv on is counted as screen time.
- Put me in a baby carrier and carry me while you move around the house. Carry me in front of you. Talk to me about what you are doing. I like to see what is happening.
- Place me on my tummy for a few minutes when we play. Hold a toy in front of me. Move the toy so I can turn my head from side to side.

Help me be safe.

- Handle me gently. Do not pick me up by my arms or swing me by my arms or legs. Do not shake me or throw me in the air.
- Protect me from falls. Be careful not to fall with me in your arms. Do not leave me alone on a changing table, bed, or other high place. I could fall.
- If you give me medicine at night, turn on the light and read the label every time to make sure you are giving me the ***right medicine*** and the ***right amount*** of medicine.
- Place me in a crib to sleep. Beds for adults are not safe places for me. It is too easy for me to fall off or to suffocate in a bed designed for adults.

Help me be healthy.

At this check-up, I will:

- be weighed and measured.
- have several immunizations. These immunizations help my body to build defenses against disease. I will need to have these immunizations if I am going to be in child care or preschool and before I go to school.

  Take my Immunization Record with me so we can write down the date that I had these immunizations.

I eat about 5-7 times a day.

Some babies, particularly breastfed babies, may eat more. I may still be breastfeeding frequently about 8-10 times a day. My body is not ready for any solid foods until I am at least 6 months old. Feeding solids too early may cause me to have allergies or to eat too much. My doctor might suggest that I have vitamin drops if I am nursing or was born prematurely. Talk to the doctor about this.

How do you know when I am hungry and when I am full?

Signs of Hunger I will show you when I am hungry. Look for these signs:

- Rooting: *a reflex in newborns that makes me turn my head to the source to feed.*
- Sucking on fingers or a fist.
- Moving, licking or smacking of lips.
- Fussing or crying.
- Excited arm and leg movements.

Signs of Fullness Stop feeding me when I show you I am full by:

- Sealing my lips together, decreasing sucking, spitting out or refusing the nipple, or pushing or turning away.
- Milk begins to run out of my mouth.
- Falling asleep.

Being a parent is hard work.

- When you feel stress building, talk to your partner, a family member, or a good friend about your feelings. It helps to talk with someone who is close to you.
- Ask someone to come watch me so you can have a break.
- Join a group of parents where they talk about ways to help children grow. To find out about parenting groups, call the Delaware Helpline at **211**.
- Read about being a parent. There are books, magazines, newsletters, and leaflets for parents. Remember to read the section ***How to Help Your Crying Baby*** at the end of this calendar.
- There should be times when it is fun to be a parent. If you are having trouble finding fun times, get help. Call the phone number below. Describe what is happening and ask for some suggestions to help us.

If you need ideas of how to help me, call 2-1-1 to help us with our questions and concerns. You can speak confidentially to a Referral Specialist who can help connect us with a human service agency or program where we can get the help we need. Also check their website at www.delaware211.org

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

3-4 MONTHS

Put a check in the box beside the things I can do. Look back at other lists. Can I do the things now that I couldn't do then? If I can, put a check in those boxes. Show this list to the doctor and nurse when we go for my check-up.

Watch for me to:

- ❑ smile at you to get you to pay attention to me.
- ❑ hold up my head without bobbing it around when I sit in your lap.
- ❑ hold a small toy, like a rattle, for a few seconds in my hand if you place it in my hand.
- ❑ laugh out loud.
- ❑ say *oo, aah*, and other vowel sounds. Sometimes when I say these sounds, I will say them quickly. Other times, I will say them slowly and kind of sing the sound.
- ❑ hold my head all the way up and rest on my arms when I am on my stomach.
- ❑ recognize sounds that I hear often—like your voice, the sound of a favorite toy, or running water.
- ❑ let you know I recognize you as a special person. I get excited when I see people I know.

Each child grows and changes at a different rate.

Use the list above to see what I can do next. If you are concerned that I am not doing most of these things, talk to my doctor, nurse, or the people at ***Child Development Watch.*** Call them at 1-800-671-0050 or (302) 283-7240 in New Castle County, 1-800-752-9393 or (302) 424-7300 in Kent and Sussex Counties.

Child Care:

Before choosing child care, review the ***How to Recognize High Quality Child Care*** page at the back of this calendar.

How I am growing:

My height: _____ inches
My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

New Skills and Talents:

_____

Play with me. It helps me learn.

- Play ***Talking back and forth.*** First I make a noise and you listen. Then you make the same noise and I listen. We can do this many times.
- Put me on my back and let me reach for toys hanging from the sides of my crib or playpen. Make sure these are tied safely and securely so they won't hurt me.
- Put me on my tummy. Put 2 toys in front of me. Let me reach for them.
- Hold a rattle or toy in front of me. Move it to get my attention. Then let me try to keep my eyes on it while you move it from one side to the other, up and down, and in circles. This helps me use both eyes.
- Read and sing to me. I like poems and stories that are short. Sing songs to me that we both like.
- Play ***Peek-a-boo*** with your hands or a blanket.
- Let me babble to you.

Help me be safe.

- Make sure that the toys, pacifiers, and other things you give me are safe for me to have. I like to feel them with my mouth. They should not have any sharp edges or loose pieces. Toys should be big enough that I cannot fit them into my mouth.
- I am now strong enough to wiggle out of the infant seat or tip it over. Use the safety strap and keep the infant seat on the floor, and away from steps or other dangers.
- Never leave me alone on a bed, on a sofa, on the changing table, in a walker, or in the tub. Never leave me alone in a car.
- Many babies who use walkers are involved in accidents. Baby walkers have many safety hazards for me. Please do not put me in a walker that moves. If you use a walker, please select one that stays in one place. Always watch me while I am in a walker. And don't let me stay in there too long, I learn best when I am able to safely move my body around and explore my environment.
- Keep me away from hot liquids such as coffee, tea, and soup. When you are holding me, don't try to drink anything hot. I could be badly burned by a hot liquid spilling on me.
- It's time to start making our house safe for children. One way to do this is to get on your hands and knees and crawl around. Take away or move anything that I can reach or that could hurt me as I begin to crawl around. Keep me away from cords of all kinds—telephone cords, drapery cords, and electrical cords. Cover the electrical outlets.
- I like to look at balloons, but keep them away from my face. If a balloon covers my mouth, I will not be able to breathe.

Help me be healthy.

At this check-up, I will:

- be weighed and measured.
- be looked at everywhere. The doctor will check my hearing, and look to see how I move and how well I see.
- have several immunizations. Remember to record them in my Immunization Record.

Do not prop bottles.

If using a bottle to feed me breast milk you have pumped, always remember to hold me close, give eye contact and never prop the bottle because I may choke.

Ask about my eating habits. Describe when and how much I eat.

Keep me away from cigarette and cigar smoke. It makes it harder for me to breathe.

New things are happening to me.

When something new happens to me, I may be angry or afraid.

I am slow to change. As a parent, you could get angry and confused with me. What I really need is for you:

- to be patient. Talk to me and comfort me when I'm in new situations. Your calm voice helps me to understand that everything is ok.
- to show me new things, new people, and new situations very slowly.
- to let me try 3 or 4 times to get used to something new. I might like it better the second and third time I try it than the first time.

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

5-6 MONTHS

Put a check in the box beside the things I can do. Look back at the lists for the other months. Can I do the things now that I couldn't do then? If I can, put a check in those boxes. Show this list to the doctor and nurse when we go for my check-up.

Watch for me to:

- ❑ pick up my head and chest when I am on my stomach. I can hold myself up with my arms.
- ❑ stand up if you hold me under my arms.
- ❑ roll from my stomach to my back or from my back to my stomach.
- ❑ notice small things like Cheerios™ if they are placed in front of me.
- ❑ lie on my back and look at my hands. I can bring my hands together over my chest or at my mouth.
- ❑ reach for toys or other interesting things that are near me.
- ❑ squeal and make high pitched sounds when I am happy.
- ❑ start to have my teeth come in.

This list describes what most children can do by 6 months.

I am my own person. I might do some activities earlier or later than others. Play with me to help me learn new things. If you are concerned, talk to my doctor, nurse, or the people at ***Child Development Watch.***
If we live in New Castle County, call 1-800-671-0050 or (302) 283-7240.
If we live in Kent or Sussex Counties, call 1-800-752-9393 or (302) 424-7300.

How I am growing:

My height: _____ inches

My weight: _____ pounds_____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

_____

New Skills and Talents:

_____

_____

_____

Play with me. It helps me learn.

- Talk to me in complete sentences. Tell me what you are doing.
- Make sounds for me to copy like *eee*, *uh-oh*, and *aaa*.
- Tell me about a toy and show me how to use it. I will want to look at it, smell it, chew it, squeeze it, pat it, and bang it.
- Give me plenty of opportunities to play and move my body. Put a favorite toy just out of my reach. Help me wiggle to it.
- Hide a toy under a cloth so I can look for it.
- I like to use blocks that I can hold in my hands.
- Read to me. Point to the pictures as you tell me about them.
- For more activities to do with me, look at the *Delaware Early Learning Foundations for Infants and Toddlers* that can be found at: **http://decc.delaware.gov/files/2012/09/DOE-Early-Learning-Foundations-Infant-Toddler-Family-Activities-Final-.pdf**

Help me be safe.

Teach me to use the high chair safely.

- Put the safety belt on when I am in the chair.
- Be sure the tray is securely locked in place. Make sure my hands are out of the way when you lock the tray in place.
- Be sure there are no sharp edges to cut me or you.
- Don't let me stand in the chair.
- Don't leave me alone in the chair.
- Don't leave the chair too close to a table or counter. I can push on the table and tip my chair over.

While you can make my house safer for me, I will need help to learn how to be safe.

Put gates at the stairs so I don't go up or down the stairs.

- Tell me what you want me to do, over and over. Don't get tired of telling me. I am too young to understand or remember.
- Until I learn what to do, take me away from the place I shouldn't be or take away the thing I shouldn't be playing with. Get me interested in something else. Don't tap my fingers or hit me. Try not to yell at me, either.
- Tell me, hug me, and praise me when I do what you want.

Help me be healthy.

At this check-up, I will:

- be weighed and checked over.
- have the next set of immunizations. Write the date I have these immunizations in my Immunization Record. If I had a reaction to the immunizations when I had them before, tell the doctor what happened to me.

I may:

- have my eyes checked to see if I have crossed eyes or a lazy eye.
- have a blood test to see if I have enough iron in my blood.

Ask:

- if I need fluoride supplements to help my teeth.
- about my eating habits. Describe when and how much I eat.

Take care of my teeth.

As soon as my teeth come in, it is a good idea to gently brush my teeth with a little, soft bristled toothbrush with a "smear" or grain of rice size fluoridated toothpaste.

Starting me on solid foods.

Ask my doctor about starting solid foods. For most babies it does not matter what their first solid foods are. By tradition, single-grain cereals are usually introduced first. However, there is no medical evidence that introducing solid foods in any particular order has an advantage for me.

Only give me one new food each week.
If I have an allergy, this way you will know what food caused the allergy.

To learn more about how I grow, look at the ***Just In Time Parenting*** newsletter. Each month it explains how I grow, games we can play, and ideas for dealing with trouble I get into.
You can read it at this web address: **http://www.extension.org/parenting**
To get the newsletter, call: New Castle County: (302) 831-8867 • Kent County: (302) 730-4000 • Sussex County: (302) 856-2585.

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

7-9 MONTHS

Put a check in the box beside the things I can do. Look back at the other lists. Can I do the things now that I couldn't do then? If I can, put a check in those boxes. Show this list to the doctor and nurse when we go for my check-up.

Watch for me to:

- ❑ sit for a few seconds without any help.
- ❑ feed myself a cracker, cereal, or foods I can eat with my fingers—I'm pretty messy.
- ❑ say the sounds of *ma, ga, da, di, ba,* and make other sounds.
- ❑ pick up small things, like a Cheerio™, using my whole hand in a raking motion.
- ❑ listen to people talking and try to make the same sounds.
- ❑ hold a small block in one hand and pass it to the other hand.
- ❑ look for something that I have dropped.
- ❑ hold onto something and stand for about 5 seconds.

You may notice that I also:

- ❑ get upset if you leave me, even if it's for a short time. I will be relieved when you return.
- ❑ begin to drink water or juice from a cup.
- ❑ know which toys are mine. I don't like it when my toys are taken away.
- ❑ may be afraid of things that were OK before. I might be afraid of my bath, a sitter, or the dark.
- ❑ may be stubborn sometimes. This is part of growing up.

Children are very different from one another. I may learn some skills quickly and others may take longer.

Just keep on helping me learn new things. If you are concerned, talk to my doctor, nurse, or the people at ***Child Development Watch***. In New Castle County, call 1-800-671-0050 or (302) 283-7240. In Kent and Sussex Counties, call 1-800-752-9393 or (302) 424-7300.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

Favorite Things and Activities:

_____

New Skills and Talents:

_____

Play with me. It helps me learn.

- Let me hold a book and try to turn the pages. Tell me about the pictures I see.
- Put a small ball on my high chair tray and teach me how to blow on the ball to make it move.
- Help me understand my body parts by pointing to them and naming them. I won't be able to say them for a while.
- Play hide and seek with me. Ask me, "Where is _____ (name a person)?" I will try to look for them.
- Make sure that I have plenty of safe spaces to play with my toys. I like to move around while I am playing. Take me outside. I enjoy breathing the fresh air and learning about the flowers and trees.
- Build towers with blocks or toys.
- Play ***So Big!*** Show me how to lift my arms over my head and say, "So big."
- Give me a chance to smell some safe things, such as food, flowers, and spices. Tell me about how they smell.
- Help me learn why some things are not safe. If I go to the stove or heater, say, "Hot," and move me away. If I reach for a shoe and you know it will go in my mouth, say, "Tastes bad," and move me away.
- Help me to begin to drink from a cup. This will take time. I like the cups with a cover so I don't spill so much. If you don't have a cover for my cup, only put a small amount in the cup when you give it to me. Don't give me a styrofoam cup. I like to chew on the foam. If I chew off a piece of foam, I could choke.

Help me be safe.

Now that I can pull myself up, there are new safety dangers:

- When cooking, turn pot handles to the center of the stove. Don't leave spoons or anything hanging over the edge of the stove.
- Check knobs on the television and stereo to see if they can come off.
- Look for carts, chairs, or tables with wheels and floor lamps and aquariums that could be pulled over. When I pull or push on these, they could fall over on me.
- Move the crib mattress to the lowest position so I can't fall or climb out. Keep things picked up so I don't fall over anything or swallow something I should not.
- Use corner protectors on sharp edges of furniture.
- Keep the bathroom door closed so I don't play in the toilet bowl.

Check my toys.

Look to see that they are not broken and they don't have any sharp edges or pieces that can hurt me. If I have stuffed animals and dolls with buttons for eyes or noses, check to be sure they cannot come off.

Take away anything that dangles.

I will pull on a table cloth or dresser scarf. Keep my crib away from drapery and venetian blind cords.

I can easily choke.

Don't feed me hard foods or foods that crumble easily, such as graham crackers.

Put things out of reach that you do not want me to swallow or put in my mouth.

Coins, pills, cleaners, make-up, and plants are dangerous. If you do think I have swallowed something, first call the ***Poison Control Center*** at **1-800-222-1222**.

Help me be healthy.

At this check-up, I will be:

- weighed and measured.
- watched to see what I do when sounds are made.
- listened to when I talk.
- given any immunizations and have any blood tests I have missed.

Remember to take my Immunization Record with me.

Starting me on meats.

At 8 months, I can have meats prepared for babies. Add the baby food meats to my meals of cereal, vegetables, and fruit.

Remember: Breastmilk helps me be healthy!

Shoes or no shoes.

I don't really need shoes to help me learn how to walk. When I do learn how to walk, shoes or sneakers will protect my feet.

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

10-12 MONTHS

Put a check in the box beside the things I can do. Look back at the other lists. Can I do the things now that I couldn't do then? If I can, put a check in those boxes. Show this list to the doctor and nurse when we go for my check-up.

Watch for me to:

- ❑ play ***Pat-a-cake*** or other clapping games.
- ❑ pull myself up by hanging onto a chair or my crib rail.
- ❑ pick up a cube or small toy in each hand and bang them together.
- ❑ pick up a small object, like a Cheerio™, using my thumb and a finger.
- ❑ say the same sound over and over, like, *bababa*, or *lalalala*.
- ❑ say, *mama* or *dada*. Even though I say these words, I don't know what they mean. They are sounds for me to say.
- ❑ stop doing something if you say, "no." I sometimes only stop doing it for a short time, though.
- ❑ follow some easy directions, like, *Come here*, or, *Give it to me*.
- ❑ stand by myself for at least 2 seconds.
- ❑ sit up all by myself.

Most children can do the things listed above by the time they are a year old.

If I am not doing several of the items on this list, talk to my doctor, nurse, or the people at ***Child Development Watch.*** You can reach them by calling 1-800-671-0050 or (302) 283-7240 in New Castle County, 1-800-752-9393 or (302) 424-7300 in Kent and Sussex Counties.

Play with me. It helps me learn.

- Make a book for me. Use some stiff cardboard for a page. Paste pictures from magazines and photographs on the pages. I like to see pictures of me, my family members, and my favorite foods, toys, and places on pages in the book. Let me turn the pages.
- Play a game of ***Which-hand-is-it-in?*** Hold a small object in your hand. Show me what is in your hand. Switch back and forth between your hands several times. Show me both hands closed and say, "Which hand is it in?" When I reach for a hand, say either, "No, it's not in this hand. Where is it?" Or, "Yes, it's in this hand", and quickly open your hand.
- Give me safe areas to practice moving and many chances to move—limit the time I spend in strollers, cribs, and other equipment that restrict movement.
- Let me practice feeding myself with a spoon. Applesauce is a good food to try. Chopped and mashed table foods may be given to me now.

Help me be safe.

I like to pull things out of drawers.

Make sure that unsafe things are not in the drawers. Give me a drawer or cupboard of my own to store some of my toys.

Store my toys, books, and things where I can reach them.

Sturdy shelves, dishpans, buckets, and cardboard boxes are good.

I can choke on food.

Do not give me hard-to-chew foods such as popcorn, nuts, raisins, and grapes. Do not give me hotdogs, even if cut into pieces.

I still need to be watched carefully.

Common accidents for children my age are:

- falls
- burns
- choking
- drowning
- poisoning
- car accidents

Help me be healthy.

At this check-up:

- I will be weighed and measured.
- I will have any immunizations or blood tests I have missed.
- ask about a tuberculin test.
- I will be screened to see if I have been exposed to lead. I can get lead into my body by breathing or eating lead dust, chips, or flakes. The lead can get into my nerves and bones. It can affect the way I learn, grow, and hear. The earlier we catch the problem, the less harm will be done to me.

Now that my teeth are in, it's time to have my first visit to the dentist.

Don't Delay, Prevent Decay!

Watch for the signs of an ear infection. If I tug at my ears or have a cold lasting several days, this could mean that I have an ear infection. Ear infections may have an effect on my hearing. Being sick a lot could affect my growth and learning. If I don't feel well it may be hard for me to see, hear, think, and learn. If I act, look, or feel like I am sick, please call the doctor right away.

I still need breastmilk.

Breastfeeding is recommended for at least my first year, and beyond. It should only end when mommy and baby are ready.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

_____

New Skills and Talents:

_____

_____

Good Days/Bad Days

All parents have bad days and sometimes feel worn out. It is common for a parent's body to ache a little from the work of being a parent. This doesn't mean you are doing anything wrong. Remember that these bad days are usually followed by good days.

Young children need parents who try their best, but that does not mean you will succeed all the time. Try not to worry about being a super parent or a super family.

If you sometimes feel that you are at the end of your rope, talk to your partner, call a good friend, or call ***ContactLifeline*** for support and suggestions on parenting issues. The phone numbers are listed below. You won't have to give your name. Talking to someone and asking for help shows that you love me and care about me and that you are being a good parent.

If you need ideas of how to help me, call ContactLifeline to help us with our questions and concerns.

New Castle County (302) 761-9100 Kent & Sussex County 1-800-262-9800

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

MONTHS 13-15

Put a check in the box of the things I do. Look back over the lists before this one. Are there any things that I do now? If I do them, put a check in the box. When I go for my check-up, show this list to the doctor or nurse.

Watch for me to:

- ❑ let you know what I want without crying. I may point, reach, make a sound, put up my arms, pull on you, or even say a word.
- ❑ stand for 10 seconds or more.
- ❑ wave bye-bye when someone is leaving and says, "bye-bye" to me.
- ❑ call you *mama* and *dada*. You are so happy to hear me say those words when I see you.
- ❑ talk all the time. Most of the time it sounds like jabbering and I am the only one who knows what it means.
- ❑ know the meaning of some words like *juice*, *cup*, *on*, and *out*.
- ❑ stoop to pick something up and stand up again without holding on to anything.
- ❑ drop small things like a block into a container. When I do this, I open my hand to drop the block.
- ❑ turn and look when called.

You may notice that I also:

- ❑ have a change in appetite. I may not eat as much as I used to because I am not growing as fast.
- ❑ may put all my energy into learning to walk. Because I am learning to walk I might be slow to learn some other things.

I am learning at my own pace.

If you have questions because you think it is taking me a long time to learn to do some of the items on this list, please call my doctor, nurse, or the people at ***Child Development Watch***. If we live in New Castle County, call 1-800-671-0050 or (302) 283-7240. If we live in Kent or Sussex Counties, call 1-800-752-9393 or (302) 424-7300.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

Favorite Things and Activities:

_____

New Skills and Talents:

_____

Play with me. It helps me learn.

- Read stories. This helps me learn new sounds and words.
- Play hide and seek games.
- Pretend with me. Let's make believe we are cooking, eating, washing, cleaning, drinking, or going on a hike. I like to copy what you do.
- Dance and sing with me. Play my favorite music and let's enjoy it together.
- Build a tower with blocks.
- Reward me when I do a good thing. Think about rewarding me with activities that I like to do, such as reading a favorite story or going to the park to play. Using food as a reward can lead to problems later.

Help me be safe.

Help me learn what is alright to do.

Show me and tell me what you want me to do. If I don't do it or I disobey you, show me or tell me again. Praise me when I do it right. Do not yell or hit me. I learn more quickly and easily if you teach or show me than if you punish me.

Teach me not to play around stairs and windows.

Accidents can happen. Check the screens on the windows. Make sure the screens are not broken or torn. The screens should be attached securely so I can't open them. Do not let me push or lean on the screens.

The car seat is the safest place for me when I am in the car.

Even though I am getting bigger, it is still safer for me to ride in the car facing the back window. Read the information about my car seat to see when it is recommended that I am big enough to face the front of the car.

Help me be healthy.

At this check-up, I will:

- be weighed and measured.
- have several immunizations. These immunizations help me to grow into a healthy person. If I had any reactions to the immunizations before, remind the doctor or nurse about what happened.

Ask the doctor or WIC Nutritionist about my eating habits. I am eating a variety of foods. Don't worry if my appetite changes from meal to meal. You will know if I am hungry if I am asking or reaching for food or beverages. You will know I have had enough to eat when I take a long time to eat, play with my food, want to leave the table, or refuse to eat. When I have had enough let me do something else.

Take my Immunization Record whenever we go to the clinic or doctor. Write down the date that I have any immunizations and the reason for seeing a doctor. For example, write down whether I am sick or injured.

Be calm when I have a temper tantrum.

It is OK for me to cry and scream when I am angry. This is one way I say, *I am angry.* I don't have enough words yet to explain my anger. You can say, "I know you feel really angry when that happens!" As I grow older, I can learn other ways to deal with my anger.

It's not OK to let my screaming cause you to allow me to do what I want. Let me calm down and then help me change my attention to something I can do.

Here are some ways you can help me stop the tantrum:

- keep calm, Mom and Dad.
- keep me from hurting myself by putting me in a safe place.
- hug me and comfort me when I have calmed down.

Spanking and yelling at me do not help. It only makes me angrier. I will calm down on my own. When I am quiet, help me do an activity that I enjoy.

Help me get ready to go to sleep.

Bedtimes can be a problem when I am overtired. I really enjoy a story or other quiet activity before I go to sleep. This bedtime routine helps me settle down.

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

MONTHS 16-18

Put a check in the box beside the things I do. Look at the lists before this one. Are there some things I can do now that I could not do before? Check those I can do now. Show these lists to the doctor and nurse when we go for my check-up.

Watch for me to:

- ❑ walk by myself! I have good balance. I don't tip from side-to-side and I hardly ever fall down.
- ❑ help around the house. I can put something on the chair when you ask me, I can get what you ask me to get, and I can put something away if you remind me.
- ❑ drink from a cup or glass by myself, perhaps spilling only part of it.
- ❑ say, "no," and shake my head from side to side.
- ❑ roll a ball back and forth with you.
- ❑ make sounds I hear like a dog barking.
- ❑ say at least 3 words other than, *dada* and *mama*.
- ❑ scribble on paper with crayon and pencil. This keeps me busy for a few minutes. Watch me carefully because I might chew on the crayon.

I will learn things at my own pace.

I need your help, though, to give me chances to learn new things. If you have questions about how I am learning and what I am learning, please ask the doctor, nurse, or call the people at ***Child Development Watch***. If we live in New Castle County, call 1-800-671-0050 or (302) 283-7240. If we live in Kent or Sussex Counties, call 1-800-752-9393 or (302) 424-7300.

Play with me. It helps me learn.

- When I point, tell me what I could say. If I point to the cat, say, "It's a cat," so I can hear the words that I am trying to say.
- Take me to the park. I like to walk around outside with you.
- Let me help you. Let me take a spoon to the table or put dirty clothes with the clothes to be washed.
- Let me play in the bath to learn the skills of pouring and squeezing. I like to use plastic bowls and containers in the tub. Never leave me alone in the tub, please.
- Remind me again and again what is OK for me to touch and what is not OK for me to touch. I am just learning, I will not remember what I should not touch yet.
- Teach me to take care of my teeth by helping me brush my teeth with a child-sized, soft bristled toothbrush with a grain of rice sized "smear" of fluoridated tooth paste. Continue to take me to the dentist every 6 months.

Help me be safe.

I can feed myself, but it is still easy for me to choke on food.

Don't give me small foods like peanuts, popcorn, marshmallows, or gum drops. Other foods that are not safe for me to eat are raw carrots and celery, grapes, hot dogs, and Vienna sausage. Always watch me while I eat and help me get into the habit of sitting quietly while I eat.

Now I can climb and get into trouble.

I can push a chair to climb into the cupboards, over the porch railing or to an open window! I don't know what trouble I can get myself into. Put screens in the window and make sure they are latched securely. Only open the top section of the window so I can't get out.

When you take me shopping, strap me into the shopping cart seat.

If there isn't a strap, make sure that I stay in the seat.

Watch me carefully when I am around water.

I like to play in water, but I can easily drown in a few inches of water in a tub, toilet bowl, pail, or wading pool.

Close the bathroom doors so I don't play in there.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

_____

New Skills and Talents:

_____

_____

_____

Help me be healthy.

At this check-up, I will:

- be weighed and measured.
- show how I walk.
- have my eyes and ears checked.
- be checked all over.

Take my Immunization Record with us to write down my height & weight.

If I have missed any immunizations, I should get them now.

Make an appointment with our dentist to have my teeth checked.

Help Me Think About What To Do.

Redirection is one way to learn what I can do versus what I shouldn't. When I am about to do something I shouldn't, or have already done so, redirection is the key.

Show me and tell me what I **CAN** do. Calmly, clearly show me what you expect. Remember to use simple words, objects or pictures to help me understand.

Encourage me to be successful in doing the desired behavior. Be enthusiastic. Encourage me when you see me doing what you want!

Ignore what you can as long as I am safe. Hitting and yelling do not teach me what I should do.

For ideas of how to help me behave, join a parenting class.

Call the Delaware Helpline @ **211** for a list of parenting classes.

KidsHealth.org has information to help us. This website, part of The Nemours Foundation's Center for Children's Health Media, has a wide range of information about children's health, behavior, and development.

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

1 1/2 - 2 YEARS

You can see what I am able to do from these lists. Put a check in the box beside the things I can do.

Watch for me to:

- ❑ use a spoon when I eat. I can get most of the food in my mouth.
- ❑ undress myself and take off my jacket, pants, and shirt.
- ❑ pretend to do things. I will try to feed a doll or my stuffed animals using a bottle or spoon.
- ❑ run.
- ❑ make a tower of 4 blocks.
- ❑ point to the picture in a book if you ask me to find something. For example, "Show me the dog."
- ❑ make sounds as if I am talking.
- ❑ use at least 10 different words.
- ❑ point to 2 different body parts when you ask me where they are. For example, "Where's your mouth?"
- ❑ walk up the stairs all by myself! I will have to hold onto the wall or railing.
- ❑ kick a ball forward.

I may be a little early on some activities and a little late on some others.

By the time I am 2 years old, I should be able to do most of these skills. If you are concerned about what I do, talk to my doctor or nurse, or call the people at ***Child Development Watch***. Call them at 1-800-671-0050 or (302) 283-7240 in New Castle County, 1-800-752-9393 or (302) 424-7300 in Kent and Sussex Counties.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

_____

New Skills and Talents:

_____

_____

_____

Play with me. It helps me learn.

- Play ***Dress Up*** and ***Telephone*** with me. Help me pretend.
- Help me put puzzles together and build with shoe boxes.
- Say nursery rhymes and sing songs with me.
- Let me play in front of a mirror.
- Show me how to use things we have around the house. Let me use a broom or mixing spoon.
- Take me on walks and let me look, listen, and touch.
- Find a playmate for me. Have another child come over or take me to a community play group. This way, I can learn to play with other children.
- Offer me choices. I can tell you if I want to wear red or blue today or if I want a banana or cracker.
- Let me play with a pan of water or sand so I can pour, scoop, and dig.
- Point at different objects and tell me the color of the object. Soon I will be able to tell you what color they are.
- Play some music so we can dance.
- Talk with me before I go to bed. Let's talk about what happened today and what's going to happen tomorrow.
- For more activities to do with me, look at the *Delaware Early Learning Foundations for Infants and Toddlers* that can be found at **http://decc.delaware.gov/files/2012/09/DOE-Early-Learning-Foundations-Infant-Toddler-Family-Activities-Final-.pdf**

Help me be safe.

- My house may be safe for me. What happens when we go visiting? Keep me in your sight so I don't get into any safety problems. Take some toys with me so I don't have to go exploring.
- If someone comes to visit us, put the visitor's pocketbook or bag in a place where I can't reach it. There could be some pills and other things in there that I should not have.
- Are there any doors that I could lock? Could I get locked in the bathroom? Is there a way that you could get me out? An outside lock release on the bathroom door would solve that problem.

I know you are getting tired of changing the diapers.

You would really like me to use the toilet. Don't rush me. It will be easier to teach me how to use the toilet if you wait until I can tell you that I am wet. Be patient.

Help me be healthy.

At this check-up:

- I will be weighed and measured.
- I will be tested to see how well I hear and see.
- you may be asked to describe how I play and what I like to do.
- you may be asked to describe what I eat and how much food I eat. Some doctors suggest that a cholesterol screen be done now. What does my doctor think?

Help me feel good about myself.

Here are some ideas:

- I like to be told when I have done a good job.
- Hug me, cuddle me, and tell me that you love me. Thank me if I have been helpful. Tell me *what to do*, rather than *what not to do.*
- Listen to what I have to say and answer my questions.
- Tell me how well I am doing when I am doing what you want me to do. For example, when I cover my mouth when I cough, say, "I'm glad you covered your mouth when you coughed."

Think about a preschool for me.

- Now is the time to begin looking for a preschool. You can look in the yellow pages of the phone book under the heading of **schools-kindergarten and nursery** to find a list. Look for preschools near us. Call several preschools and ask if we can visit to see what the preschool is like. Call our school district and ask about their preschool programs.
- Try to find a school with nice teachers who like me and will help me learn to get along with others. I want teachers who will help me grow in every way.
- When we find the preschool that is right for me, ask how and when I can be registered.

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

2 1/2 YEARS

Put a check beside each thing that I do. Look at the lists before this one. Can I do the things I couldn't do before? Check those items now.

Watch for me to:

- ❑ run and jump. When I jump up, I can get both feet off the ground at the same time.
- ❑ say my own name.
- ❑ stand on one foot and balance for a second.
- ❑ put on some clothes that are easy to get on.
- ❑ point to different body parts, either on me or one of my dolls.
- ❑ say about 50 words.
- ❑ point to a picture and name something in the picture.
- ❑ say 2-word phrases like, *play ball* or *want drink*.
- ❑ ask you questions.
- ❑ understand and do something you ask me to do, like, "get the doll and bring it to me."

You may notice that I also:

- ❑ say new words, but I may not know the meaning of the words.
- ❑ am eating the same good food you eat. I like mine cut into small pieces that I can eat safely with my own little spoon.
- ❑ ask to go to the toilet, sometimes.

There is so much to learn.

I am learning what is important to me. If you are concerned about what I cannot do yet, talk to my doctor, nurse, preschool teacher, or the people at the ***Child Development Watch*** Program at 1-800-671-0050 or (302) 283-7240 in New Castle County or 1-800-752-9393 or (302) 424-7300 in Kent and Sussex Counties.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities:

_____

_____

New Skills and Talents:

_____

_____

Play with me. It helps me learn.

- Read me stories every day. I like to pick out my favorites. I like to hear them over and over again.
- Sing songs like ***London Bridge*** and ***Ring around the Rosie***.
- Play ***Copy Me*** games in front of the mirror.
- Let me help you around the house. I can pick up my clothes and toys or put napkins on the table. Give me a job to do.
- Help me learn the names of new people, colors, feelings, animals, plants, and other things.
- Listen to what I say, even if it doesn't make sense to you.
- Teach me how to describe how things feel. Show me what is soft, sticky, hard, rough, and furry.

Help me be safe.

- Teach me how to handle if someone is touching me in a way that I don't like. I am the boss of my own body. If I don't like the way someone is touching me then I should come tell you right away.
- When cooking on the stove, turn pot handles to the center of the stove. Don't leave spoons or other utensils hanging over the edge of a pot, either. I can pull on the handles and pour hot liquid over me.
- When I do have an accident, such as touching a hot oven and burning my fingers, help me understand what happened. Explain that if I touch the oven when it is hot, I will be burned.
- Empty ashtrays. You don't want me playing with cigarette ashes.
- Empty drinking glasses and remove beverage cans.
- Look at the toys in my toy box. Are there any broken toys? Either fix them or throw them away. Do any toys have sharp edges? Be sure all my toys are safe for me to use.
- According to the American Academy of Pediatrics, all children 2 years and older should use a car seat that is designed for the child to face the front of the car and has a harness to hold the child safely in the seat.

Help me be healthy.

Look for signs that I am ready to start using the toilet.

I will let you know that I am ready. If you wait to start teaching me to use the toilet until I am ready, the process may be easier than if you try to push me before I am ready. I will let you know I am ready when I can:

- stay dry for a few hours after emptying my bladder.
- tell you, "I am wet," or "I have to use the potty."
- pull my pants down and up.
- understand and follow your directions when you tell me, "go into the bathroom, wipe," or "pull up your pants."

At first, I may not even go when I sit on the toilet. I need time to get used to sitting on the toilet. Be patient with me while I learn how to use the toilet. There are books at the library about toilet teaching that could answer many of your questions.

I get hungry often.

- I will usually eat 3 meals and 2 or 3 snacks a day.
- While I do like soda, cookies, and candy; it is better for me to have milk, cheese, fruits, vegetables, bread, and some meat. Snacks that are good for me are cheese, yogurt, juice, unsweetened cereal, fruits and vegetables cut into small pieces, or part of a sandwich.
- I am learning what foods taste like. There will be some foods that I do not like now, just as there are some foods you don't like.
- If I'm a picky eater, I might try a new food if you give me a very small serving of it. I am more willing to try a new food if I know I won't be forced to eat it. I like it when you give me a taste of the food from your plate. To help us make good food choices visit www.healthykidshealthyfuture.org/

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

3 YEARS

Put a check in the box beside each thing that I can do. Look back at the lists before this one. Can I do some things now that are not checked off? Put a check in these boxes. If I am having trouble doing some of these items, talk to my doctor or my preschool teacher.

Watch for me to:

- ❑ build a tower with at least 6 blocks.
- ❑ say the beginning and ending sounds on most words.
- ❑ talk in sentences that have 3 or 4 words in them. About half of the time you can understand what I say.
- ❑ point to and tell you about the pictures in my favorite books.
- ❑ put an easy puzzle together.
- ❑ brush my teeth with your help.
- ❑ throw a ball overhand.

You may notice that I also:

- ❑ sing songs by myself.
- ❑ don't take a nap every day.
- ❑ know the difference in what words mean—like the difference between *go* and *stop*, *yes* and *no*, *cold* and *hot*, *up* and *down*.
- ❑ know what belongs to me.

I am growing at my own pace.

I do some things a little early and some things a little late. If we already know that I have a disability or delay that prevents me from doing some of these things now, understand that I will probably be able to do these later. It will just take me a little longer to learn how to do these.

Play with me. It helps me learn.

- Show me how to take things apart and put them back together.
- Take me to the library to check out some books. Find out what programs the library has for young children like me. You can find the library closest to us on this website: ***www.lib.de.us***
- Take me outside. Show me how to run and throw a ball. Teach me the things that are better to do outside rather than in the house.
- Pretend to have different feelings like happy, sad, excited, angry, and scared. Help me learn the words to describe my feelings.
- Write down the stories that I tell. Read them back to me.
- Play a game with me of matching colors.
- Help me learn to pick up my toys and put them where they belong.
- Teach me to play by myself.
- Take me to a play group or invite a child who is about my age to my house so we can play together.
- If I watch TV, 1 hour is enough each day. Watch it with me so we can talk about it.
- For more activities to do with me, look at the *Delaware Early Learning Foundations for Preschoolers* that can be found at: **https://dieecpd.org/static/uploads/files/elfpreschool9-10.pdf**

Help me be safe.

- Try to keep all plants out of my reach. If I do eat any parts of a plant, call the ***Poison Control Center*** at **1-800-222-1222**. Some plants are poisonous.
- Keep the trash inside a latched cabinet or in a place where I cannot get into it. Don't let me reach for anything in the trash. I could find can lids, food, plastic bags, and many other dangerous items.
- If I have a swing and slide, are they safe and sturdy for me to use?

Help me learn to do what you want.

When I need to do something, tell me and show me what to do.
If I throw a doll at my sister because I want to play with her game, I need to know why I should not throw the doll.

I also need to learn that I can't have what I want all the time.
Tell me "Please don't throw the doll. It could hurt someone. You could use the blocks to make a house for the doll. You can play the game when your sister finishes. You can watch TV tomorrow."

Yelling or spanking me will not help me learn what you want me to do.

Praise me when I am doing what you want me to do.
Telling me that you like the good things that I do will help me learn quickly. Hug me to show that you are happy about what I am doing. I like to please you. This discipline works better than punishing me.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

New Skills and Talents:

_____

Help me be healthy.

At this check-up:

- I will be weighed and measured.
- I will have my hearing and vision checked.
- I may have a blood test to see if I am healthy.
- I may be checked for lead poisoning.
- the doctor or nurse will want to know what new things I can do, what my sleeping habits are, what I eat, and how many words I can say.

If I have missed any immunizations, I should have them now.

Baby teeth are important. Increase the amount of toothpaste we use from a "smear" to "pea-size" at age 3. Continue to go to the dentist every six months.

Register me for Head Start or preschool

Head Start registration begins in April and is ongoing for the program that will begin in September. Children who meet the federal guidelines for the Head Start program are served on a first come, first served basis. To find out more about the Head Start program and where I register, call the telephone number of the program closest to us. **Call our school district and ask about their preschool programs.**

Christina Cultural Arts Center	(302) 652-0101	Latin American Community Center	(302) 655-7338
Delaware Early Childhood Center	(302) 398-8945	New Castle County Head Start, Inc.	(302) 452-1500
Delaware Tech Child Development Center	(302) 259-6567	New Directions Early Head Start, Inc.	(302) 831-0584
Hilltop Lutheran Neighborhood Center	(302) 656-3224	Wilmington Head Start, Inc.	(302) 421-3620
Indian River Project Village	(302) 436-1000	Telamon Early Childhood Program	(302) 934-1642

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

4 YEARS

Put a check in the box beside each thing that I can do. Look back over the lists before this one. Are there some things I can do now that I couldn't do before? If I can, put a check in those boxes.

Watch for me to:

- ❑ put on my t-shirt all by myself.
- ❑ tell you the names of my friends.
- ❑ wash my hands with soap, rinse them, and dry them with a towel.
- ❑ use a normal tone of voice.
- ❑ ask you many questions.
- ❑ copy a line that goes up and down on my paper after you show me how to do it on your paper.
- ❑ copy a picture of a circle.
- ❑ tell you what I need if I am cold, tired, or hungry.
- ❑ tell you how I use something when you ask me to talk about something I use almost every day. "What do you do with a fork?"
- ❑ point to a picture of something that you are describing to me. "Which one says meow?" or "Show me what flies?"
- ❑ stand on 1 foot for a few seconds.
- ❑ jump forward with my feet together.

You may notice that I also:

- ❑ know at least one color.
- ❑ use sentences with 4 or 5 words most of the time.
- ❑ brush my teeth.
- ❑ take care of myself at the toilet.
- ❑ play with other children.

I am always learning and trying.

I will learn some things quicker than others. If you have questions about what I can and cannot do, talk to my doctor, nurse, preschool or Head Start teacher, or the people at the *Child Find* office of my school district. You can call my school district's administrative office and ask for the *Child Find* office or call the Department of Education at (302) 735-4295. If you are worried about how I am doing, don't wait for my next appointment with the doctor. **Call and ask now!** The sooner that we find out if there is something to be worried about, the better it will be for me. For more information, read the pages at the back of the calendar, ***What if You are Concerned about Your Child's Development?***

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Play with me. It helps me learn.

- Let me use play dough. I like to make it into shapes, cut it with cookie cutters, and roll it.
- Let me tear or cut paper and paste these pieces onto another piece of paper.
- Let me tell you the stories from my favorite books.
- Play listening and guessing games with me. Make the sounds of different animals and let me guess what the animal is. Another guessing game is to find something that I can see, describe it for me, and let me tell you what you described.
- Let me trace in the sand or do a finger painting.
- Let me help make and serve our snacks and meals.
- Take me to the zoo, library, and other places that have special events just for children my age.
- Let me help you do things around the house so I can learn how to be a helpful family member.
- Make an obstacle course with boxes, chairs, tables and let me find my way around all these things.
- Balance TV and video screen time with other activities. One hour a day is really enough, and always watch with me to help me learn. I should be socially active and learning through exploration. The TV I watch should help me learn. Don't let me watch shows that upset or frighten me. For more information about screen time please visit: **http://pediatrics.aappublications.org/content/pediatrics/138/5/e20162591.full.pdf**
- Pretend to be angry, sad, happy and excited. Help me act out ways to respond to my feelings and to talk to someone about my feelings.
- For more activities to do with me, look at the *Calendar of Day to Day Family Activity Ideas for Preschoolers* that can be found at: **http://decc.delaware.gov/files/2015/03/DelawareReadinessCalendar.pdf**

Help me be safe.

Teach me to be very careful in a garage.
Our garage may be safe; however, other people may store insecticides, paints, equipment, and other things that are dangerous to me. Explain to me that garage door openers are not toys and that I am not to play with a garage door.

Practice crossing the street and walking through parking lots with me. I am short. People can't see me in their rear view mirror when they are backing up. I need to be by your side, holding onto your hand or your clothes.

When I start to ride a bicycle, make sure that I wear a helmet.

Remember, even though I am older, I still need to be watched and can't be left alone.

Help me deal with my fears.
I may be afraid of monsters, snakes, or many other things. Do not force me to get near something that frightens me. If I am afraid of the dark, use a night light or leave the hall light on. Help me talk about my fears and ways to respond to them.

Help me be healthy.

At this check-up:

- I will be weighed and measured.
- I will be checked all over.
- I may have a vision test to see how well I see.
- I may have several immunizations.

Register me for kindergarten.

Call a school near where we live. Ask when and how I can be registered for kindergarten.

I will be required to have some immunizations before I go to kindergarten. Ask if there are immunizations I need now.

Take my Immunization Record with us so we can write down the date I got these immunizations.

Notice what I am able to do.
If you think I am clumsy and fall a lot, if I don't talk or play with others, or if I don't enjoy moving around, you might want to talk to my doctor about this and have me checked. ***Call for an appointment now!***

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

5 YEARS

Put a check in the box beside each thing that I can do. Look at the lists before this one. Can I now do some activities that I couldn't do before? Put a check in those boxes. If there is something I can't do, talk to my doctor or teacher about this.

Watch for me to:

- ❑ hop on 1 foot.
- ❑ dress myself, zip zippers, button buttons, and comb my hair.
- ❑ play board games and card games with others. We take turns and follow the rules.
- ❑ copy 2 solid lines that cross, so it looks like +, a plus sign.
- ❑ name at least 4 colors.
- ❑ be able to follow directions that tell me to put something *in, on, under*, or *behind* something else. For example, *Put your book on the bookshelf.*
- ❑ draw pictures. When I draw a person, it has at least 3 parts.
- ❑ speak so you can understand most of what I say.
- ❑ hear when you talk to me and hear you call me from another room.

You know by now that I can do some things easily and that other things are more difficult for me.

All children are like this. Meet my school teacher. Talk with the teacher about what I like to do. Describe the things that I can easily do and describe the things that are harder for me to do. If you have questions or are concerned that I need some help because some of the items are not checked on this list, please ask my doctor, nurse, teacher, or the people in the *Child Find* office at my school district. Call my school and ask for the telephone number of the *Child Find* office.

How I am growing:

My height: _____ inches

My weight: _____ pounds _____ ounces

Sleeping Habits:

_____

_____

Favorite Things and Activities/New Skills:

_____

_____

Play with me. It helps me learn.

- Let me have a friend over so we can play games together. Stay near us. We are still learning how to play together.
- Read with me. Help me learn to read my name and the words on street signs and labels on containers.
- Play guessing games with me. Pretend to do something and let me guess what you are doing. Make different expressions with your face and let me tell you what feelings I see on your face.
- Let me have a job to do around the house—set the table, put clothes away, or help do something with you.
- Teach me what the healthy foods are.
- Show me how to answer the phone and make a phone call, especially in case of an emergency.

Photo courtesy of University of Delaware Photo Services

Help me be safe.

- Help me learn the difference between friends, helpful people, and strangers. When we go to a place where there are many people, show me who the helpful people are, such as the police, clerks at the store, lifeguard at the pool, or park workers at the amusement park. Just in case I can't find you, I will know a safe person to ask for help to find you.
- Be careful about having matches and lighters around the house. I like to try to do what I see you do with the matches and lighters. People my age have been known to start fires playing with these.
- Teach me our family's name, my phone number, and my address so if you and I can't find each other at the park or the store, I can ask someone to find you.

Help me handle my feelings and emotions.

- When I tell you how I feel, stop and think about what I have said and what it means.
- When I do something I should not or misbehave, it maybe because of how I was feeling.
- Help me to talk more about my feelings. Let me describe why I feel the way I do. There may be times I don't know why I feel the way I do.
- Help me think of better ways to behave when I have feelings of anger, disappointment, sadness, excitement, and boredom. You can help me understand my feelings and ways to respond instead of deal with my misbehavior.

Help me be healthy.

At this check-up:

- I may have my sight and hearing tested.
- you may be asked to describe how I play with other children and what I like to do.
- you may be asked to describe what I eat. Some doctors suggest that a cholesterol and anemia screen be done now. What does my doctor think?

In these first 5 years, we have both learned a lot. There is much more for us to learn.

I will need you to take some time to:

- listen to what is happening in my life each day.
- look at the papers I bring home from school.
- help me understand how important it is to pay attention in class.
- help me do my school work.
- talk to my teacher.
- support me and encourage me to do the best I can do.
- tell me that you appreciate my effort when I have done the best I can do.

I will probably do better in school if:

- I know you care about the work that I do at school.
- I know that you think school is important.
- you are involved with me in my school work.

Be the best parent you can be!

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

HOW TO Help your Crying Baby

A baby cries for many reasons.

Sometimes I cry to tell you:

- I am hungry.
- I have a gas pain.
- I am too cold or I am too hot.
- something scared me.
- I am sick or I hurt.
- I am bored or I am lonely.
- there is too much noise.
- I am being held by too many different people.
- my diaper is wet and I need to be changed.
- I am tired.

Sometimes I cry when I think you are feeling upset or grumpy.

Sometimes I am just fussy because:

- I don't know how to settle down.
- I am in a bad mood.

You may feel bad, angry, helpless, or worried if you don't know why I am crying, how to comfort me, or how to keep me from crying so much.

Try to find out why I am crying:

Look to see if I:

- am wet or have a dirty diaper.
- am too hot or too cold.
- am hungry.
- am too full.
- need to burp.
- have a stomach ache.
- am tired.
- could be upset by something you ate. If you are breastfeeding, try avoiding the caffeine in coffee, tea or soda; milk products; or foods that cause gas. But remember all babies are different. It may take trial and error to determine what can upset your baby.

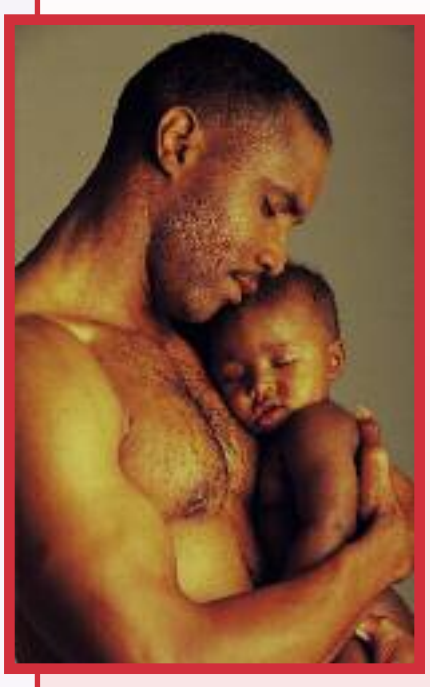
Is there too much going on?

- Is there too much noise in the room?
- Are there too many people holding or touching me?
- Are people smoking around me?

Am I sick?

- Do I have a fever?
- Am I vomiting?
- Have I had a bowel movement in a while?
- Do I have loose bowels or diarrhea?
- Do I have diaper rash or some other rash?
- Do I have a cold or runny nose?
- Am I pulling on my ears? This may be a clue that I have an ear infection.
- If I have any of these problems, you can check with my doctor to see if I am sick.

Help me to be happy most of the time.



Each baby is different. Get to know me and what I need. Learn that I have different cries that mean different things. One cry means, *I want to eat.* Another means, *I want to do something else.* By thinking about what I need, you can help me stay happy. Knowing what I don't like can help to prevent me from being fussy.

- Be sure to change my diaper if I am wet or dirty. Like most babies, I will need to be changed at least every 3 hours when I am awake.
- Make sure I am not too hot or too cold.
- Don't feed me more milk than I need. I will tell you when I have had enough.
- Don't feed me cereal or solid food without talking to my doctor first.
- Don't leave me in an infant seat too long. I like to do many activities. I may fuss to tell you that I want to do something else.

I need to suck.

- Let me suck as much as I want to, either on a pacifier or my fingers.
- Try different pacifiers until I find one that I like.

I need to learn that I belong to my parents.

You can't spoil me at this age. As I learn that you will help me, I will cry less.

- Spend as much time with me as you can when I am awake.
- Touch, hold, hug, cuddle, and love me.
- Talk to me.
- Walk or rock me.
- Come to me as soon as you can when I cry.

As a young baby, I need lots of sleep and quiet time.

- Let me sleep a lot if I want to.
- Place me in a quiet place. I don't like a lot of noise and I don't need a lot of visitors.

As I get older, I will want to do more things with you.

- Play with me and talk with me.
- I will tell you when I am tired of doing something by fussing or turning my head away.

I like a routine.

Try to do things the same way and at the same time as much as possible.

To help me stop crying:

- pick me up and hold me.
- snuggle or wrap me in a blanket.
- talk or sing to me.
- play soft music.
- lower the lights.
- give me something to look at or something to play with.
- give me a pacifier.
- sit with me in a rocking chair.
- walk or dance with me.
- take me for a ride in the car or in the stroller.

If nothing works and I get on your nerves:

- put me in a safe place. Let me cry alone for 15 minutes. Sometimes I get overtired and need a chance to settle down.
- ask someone to come over and care for me while you take a break from me.

Never shake me!

No matter how upset or angry you feel, do not shake me. Shaking me can cause brain damage or even death. I will outgrow this constant crying. Holding and cuddling me tells me that you love me and that you want me to feel better.

Growing Together

Prepared by University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic Design and prepress services by Precision Arts, Inc.

WHAT IF You Are Concerned About Your Child's Development?

You may notice that your child is a little slower than other children to do some things.

Your baby may look healthy at birth.
As you use the ***Growing Together*** calendar, you may notice that your child takes longer to do some of the activities listed here. Taking longer to do new things could perhaps indicate that a child has a developmental delay or a disability.

The sooner you have your questions answered about your child, the better it will be for both you and your child.
Children can be slower to learn new skills because of illness, an accident, or one of many other reasons. By knowing what the problem is, you can begin to help your child develop in ways that are appropriate for him or her. The earlier this begins, the better the chances are to help your child reach his or her potential.

If you are concerned, here's what to do:

Gather some information.
Look at a list that shows what children can do at a certain age. There is a list in this ***Growing Together*** calendar. Check off the skills your child does have. If you know that your child has a developmental delay or a disability, ask your child's teacher, doctor, or nurse about books and materials available to help you. Talk with parents of children with a similar condition.

Call the Parent Information Center.
The Parent Information Center has materials and books about developmental delays and disabilities. They can link you with parents who have children with similar conditions. They can guide you through the process of getting your questions answered about your child. They can suggest services and resources for you to use. Look at their website at ***www.picofdel.org***. You can call (302) 999-7394 or 1-888-547-4412 to reach them.

Make an appointment with your doctor. Do not wait, thinking that the situation will change.
Don't wait until the next Well-Child check-up. The sooner you have your questions answered, the better it is for you and your child!

At the doctor's appointment, show the doctor the list of what your child can do and cannot do. Discuss your concerns with the doctor and ask for ideas of how you can help your child learn new skills. Don't be afraid to ask for a second opinion.

To have your child further evaluated, ask your doctor or contact ***Child Development Watch*** who can evaluate your child's abilities or make an appropriate referral to another agency.

Services are available for children with developmental delays and disabilities.

For children, newborn to age 3:
Many public and private agencies evaluate and test children to see if they have a disability or developmental delay. The people who test your child will want to know what your concerns are. For example, is it taking your child longer to learn to walk than you think it should? Is your child not making any sounds at 1 year? Does your 2-year-old child sit and rock back and forth?

Your doctor may suggest you call ***Child Development Watch***, or you can call directly to request that your child be evaluated. Be very clear about your concerns. See box below for contact information.

For children, ages 3 and older:
Local school districts can evaluate children through the ***Child Find*** program. If your child is found to have a delay or disability, she or he can receive the needed services from the school district beginning at the age of 3 years old.

For more information:

- Call the office of your school district and ask for the ***Child Find*** Coordinator.
- Call the ***Department of Education's Exceptional Children's Group*** at (302) 735-4210. See the box at the right for website.
- Call ***Child Development Watch.*** See the box at the right for website and phone numbers.

These agencies can help you.

Parent Information Center of Delaware has staff to identify community services, help families solve problems, and offer emotional support. They also have a library of books, videos, and catalogs, and offer informational workshops for families with children having a developmental delay or disability.
(302) 999-7394 or 1-888-547-4412
www.picofdel.org

Child Development Watch evaluates young children from birth to age 3 to identify if a child has a developmental delay or a disability.
New Castle Co. (302) 283-7240 / 1-800-671-0050
Kent & Sussex Co. (302) 424-7300 / 1-800-752-9393
www.dhss.delaware.gov/dph/chs/chscdw.html

Delaware Department of Education Exceptional Children's Group works with local school districts to ensure that evaluation services are available at no cost to families and that young children who need special education and related services are able to receive help. (302) 735-4210
http://www.doe.k12.de.us/Page/183

Child Find You can call the school district's administrative office and ask for the ***Child Find Office.***

Delaware Helpline can refer you to other agencies or services in Delaware. 211

Growing Together

Prepared by the University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic design and prepress services by Precision Arts, Inc.

HOW TO Recognize High Quality Child Care

High Quality Child Care

What is high quality child care? Read this section to learn about how to find high quality child care for me. Look for one that will be a partner with you to keep me safe and to help me to grow and learn.

DELAWARE STARS. Young children start learning from the moment they are born. Find the program that is right for you and your family. Enroll your child in a Delaware Stars program to put your young star on the path to a shining future! To learn more visit: **http://www.greatstartsdelaware.com**

How to Find High Quality Child Care

Visit, visit, and visit again.
Drive past the programs and look at the buildings. Do they look safe and clean?

Call programs to schedule interviews with them before you will first need care.

Ask if the child care meets Delaware's child care regulations and ask if they participate in Delaware Stars.
Licensed family child care homes and child care centers follow Delaware's regulations. To receive a copy of the Delaware licensing requirements contact the Office of Child Care Licensing. The number and website are listed on this page. You could request in writing to review a licensed child care provider's file at the Office of Child Care Licensing.

Delaware Stars promotes high-quality early learning for young children and sets the Stars quality rating that guides families seeking the best program for their child. To learn about Delaware Stars visit **http://www.delawarestars.udel.edu**

Visit the program and interview the program director and teacher.
Go to two or three programs to see which one would be best for me. Look to see the characteristics of quality child care. If many are missing, the program may not help me grow and learn as much as I should at my age.

Adapted from materials prepared for North Carolina's Smart Start Program.

Look at Programs From a Child's Point of View

Plan to visit the programs more than once, at different times, over several days to see what happens at each time of the day. On the next page is the *Child Care Checklist for Parents.* When you go to visit the programs use this check list.

As you meet with the program director or family child care provider ask questions and see the rooms where I will be.

Ask questions. When you are looking at a child care center or a family child care home for me, ask the program director or the family child care provider questions:

- Is the program licensed and legally operating?
- What training and experience does the program director have?
- What training and experience does the teacher who will work with me have?
- Are there other people who will be working with me or taking care of me while I am here?
- What is the schedule like for children my age?
- How will the teacher help me learn while I play?
- What is expected of parents?
- Who are other parents that you could call to ask about having a child in this program?

See the program:

- Ask to see the places where I will play, sleep, eat, and use the toilet or have a diaper change.
- Watch the children play. Do they look happy?
- Watch how the teacher is with the children.
- Notice how the teacher is with me.

Good, quality child care providers will answer your questions easily and honestly. They will let you come back to visit again. They will let you come visit once I am enrolled in the program. They know that you want the best child care for me. They know that you want to feel comfortable with them.

For More Information About Child Care in Our Area:

To find child care:
Children and Families First: 1-800-220-3092
Or visit **www.cffde.org/**

To learn about Delaware Stars:
http://www.delawarestars.udel.edu

For Subsidized Child Care:

New Castle County:	(302) 255-9670
Kent County:	(302) 739-4437
Sussex County:	(302) 856-5340

To get a copy of child care regulations or make a complaint:
Office of Child Care Licensing, Department of Services for Children, Youth, and their Families

New Castle County:	(302) 892-5800
Kent and Sussex Counties:	1-800-822-2236

Or visit **http://kids.delaware.gov/occl/occl.shtml**

Growing Together

Prepared by the University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic design and prepress services by Precision Arts, Inc.

CHILD CARE Checklist For Parents

Basic Information

- ❑ The hours suit my schedule.
- ❑ I can afford the fees.
- ❑ The program is licensed or legally operating.

The Place

- ❑ It is clean and well maintained.
- ❑ The setting is bright, cheerful, and well ventilated.
- ❑ It is free of safety hazards.
- ❑ There is a plan for handling emergencies and the necessary equipment is available.
- ❑ There are enough toys and equipment that are safe, age-appropriate, and in reach of the children.
- ❑ There is enough space for all activities (indoor/outdoor play, naptime, diapering, etc.)
- ❑ The meals and snacks are appetizing and nutritious.

The Provider

- ❑ The staff has good training and experience with children.
- ❑ Staff turnover is low/the provider is committed to staying in business.
- ❑ If dealing with center care, there are enough teachers to give children individual attention.
- ❑ The provider uses positive reinforcement, sets limits consistently and gently, and gives children choices.
- ❑ The provider and children seem to like each other and the children seem happy.
- ❑ The provider is warm, friendly, patient, and holds the children in a loving and caring manner.
- ❑ The provider plays with, listens to, talks with and encourages children to express themselves.
- ❑ The provider understands a child's different developmental stages.
- ❑ The children are encouraged to learn to get along and respect each other.
- ❑ The provider responds quickly to children's needs.
- ❑ The provider is participating in Delaware Stars.
- ❑ The staff regularly use the **Early Learning Foundations for Infants and Toddlers** http://www.dhss.delaware.gov/dms/epqc/birth3/files/deinfant.pdf and the **Early Learning Foundations for Preschoolers** to plan their lessons and activities for children.

The Program

- ❑ There is a posted, written schedule that shows a balanced, daily routine; yet there are active and quiet times, outdoor and indoor play times, with varied and age-appropriate activities.
- ❑ The schedule can be adjusted to meet the children's needs and moods on any given day.
- ❑ Boys and girls are equally encouraged to participate in activities.
- ❑ The values of the program are compatible with my values.

Parental Involvement

- ❑ Parents can make unannounced visits at any time.
- ❑ Parents are involved in making some decisions.
- ❑ Parents can speak with the provider when they drop off and pick up children.
- ❑ Parents meet with the provider on a regular basis.

Care for Infants

- ❑ There is a quiet place for a baby to sleep.
- ❑ Providers respond to crying babies in a caring way.
- ❑ Infants have space and freedom to play, climb, and crawl.
- ❑ Diapers are changed often and in a clean area.

Care for School-Aged Children

- ❑ Transportation is safely provided to and from school.
- ❑ Children have freedom and flexibility after a structured school day.
- ❑ Children have space and time to do homework.
- ❑ Children have opportunities to do a variety of different activities.

Final Considerations

- ❑ References are provided.
- ❑ Parents of other children in the program speak well of it.
- ❑ I would be happy here if I were a child.
- ❑ You would feel comfortable leaving me here.

This checklist has been adapted from materials developed by Children and Families First.

Growing Together

Prepared by the University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic design and prepress services by Precision Arts, Inc.

DADS Matter – Your Baby Needs You!

When your baby is born...

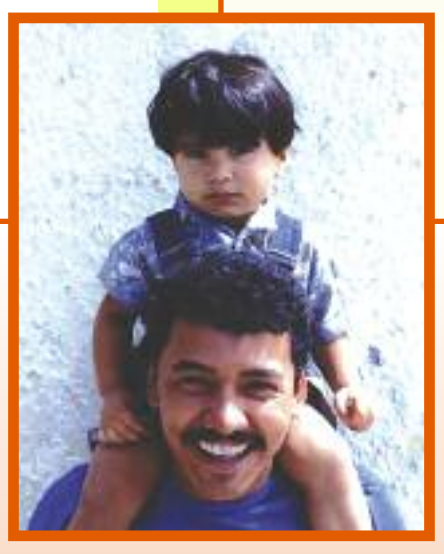
- **Learn how to care for your baby.** Ask the hospital nursery staff to show you how to hold, change, and bathe a baby.
- **Support mom in breastfeeding.** Breastmilk is the best nutrition for your baby. Help mom by bringing her food or drinks, taking care of other children, or burping baby when finished feeding.
- **Learn how to swaddle your baby in a blanket.** This makes the baby feel warm and secure like when in the womb.
- **Spend time with your baby every day.** Give yourself time to bond with your baby. This bond is a special feeling between you and your baby. The father-baby bond may happen instantly or take time to grow. Spending time with your baby helps the bond to grow. If you do not live with your baby's mother, work out a schedule of visits and times to be with the baby.
- **Be patient with mom.** She is dealing with many changes. It is common for a mother to become depressed after her baby is born. Her body has gone through changes that effect emotions. Be a good listener and help her with her concerns.
- **Take time to be a family.** While it is exciting to have people come see the new baby, it is also very hectic. Encourage people who call to leave a message. Use this time to create a routine for you and your baby.

As your baby grows...

- **Read and talk to your baby.** Reading and talking helps babies learn new skills and understand ideas.
- **Keep baby safe.** Watch what your baby is doing. Handle your baby carefully. Make rooms and outside play areas safe for your baby.
- **Teach baby what to do.** Punishing and spanking can hurt the baby more than help. Babies and children learn what to do better if you show them, teach them over and over again.

NEVER SHAKE A BABY!

- **Work together as a father and mother to raise your child.** Talk about how you want to raise your child and make decisions together about the care of your baby.



Remember...

Being a father is a lifelong adventure.
What you do as a father does make a difference. It may take a long time before you see some of the good that you have done for your child. Know that having two loving parents is the greatest gift you can give a child.

Being a father that is involved in the life of your child is good for everyone.
Fatherhood has positive benefits for your child, for you, for the child's mother, and for your community. Everyone wins when fathers are involved in positive ways in a child's life.

As a father you make a difference

- **As a dad, you are an important person to your child.** You are a model in your child's life. By watching you, your child learns about work, how to treat other people, faith, what is important about being a person, and how to live life.
- **As your child grows and develops, be sensitive to the changing needs of your child.** Your child is constantly growing and changing. Ask yourself, *How can I help my child to learn what to do?* This might mean teaching your child how to handle anger without hitting, teaching your child to sit at the table, or training your child to tell you where he is going. Think of guidance and setting limits with your child as teaching your child what you want to have happen.

- **Your child needs to feel warmth and a sense of acceptance and belonging from you, as well as have your guidance and limits.** Mothers and fathers show warmth and acceptance differently. Children want to feel that they belong to both mother and father. Children like to please others. The more you can explain, guide, and show your child what you want them to do, the more likely they are to do it.
- **As you enjoy your role as a dad and show that you like being a dad, good things will happen.** Let your child see that you are having fun being a dad to each of your children. If you are happy, your child will learn what it looks and feels like to be happy about a good relationship. Even in busy times and times that are hard, show that you are glad about being your child's father.

Children need their Dads because...

- **fathers and mothers do different activities with children and handle situations differently.** It helps children grow and develop if they can have experience with two parents.
- **children who have two involved parents do better in school.** These children are more likely to finish high school, get a job, and live a healthy lifestyle as adults.

When fathers are involved, children are more likely to:

- be ambitious and accomplish their goals.
- be leaders and less likely to follow the crowd and peers. They can say "no" to peer pressure.
- be more capable of learning, doing, and understanding.
- stay out of trouble. They avoid drugs, alcohol, and early sexual activity.
- be more self-confident with their identity as a person. They believe in themselves.

Resources on Fatherhood

Information on a variety of programs and services is available from the Delaware Helpline at 211.

Child, Inc.
507 Philadelphia Pike
Wilmington, DE 19809
New Castle County:
(302) 762-8989
Kent & Sussex Counties:
1-800-874-2070
www.childinc.com

Dads Adventure
(949) 754-9067
www.Dadsadventure.com

National Fatherhood Initiative
12410 Milestone Center Drive, Suite 600
Germantown, Maryland 20876
(301) 948-0599
www.fatherhood.org

National Center for Fathering
10200 W 75th, Suite 267
Shawnee Mission, KS 66204
1-800-593-DADS
www.fathers.com

Growing Together

Based on materials from Dr. Robin Palkovitz, professor, University of Delaware and Dads Adventure.
Prepared by the University of Delaware Cooperative Extension for Delaware's Birth to Three Early Intervention System.
Graphic design and prepress services by Precision Arts, Inc.

CHILDREN'S Health Services

Community Health Centers are located throughout Delaware to provide services to help keep your child healthy.

Community Health Centers are well equipped for Well-Child check-ups and respond to a variety of medical needs. These centers see patients who have health insurance as well as those who do not have health insurance.

Bear:

Nemours Pediatrics
141 Becks Woods Drive
Phone: (302) 595-0020

Westside Family Healthcare
404 Fox Hunt Drive
Phone: (302) 224-6800

Claymont:

Henrietta Johnson Medical Center - Claymont
3301 Green Street
Phone: (302) 798-9755

Dover:

Nemours Pediatrics
102 West Water Street, Ste. 1
Phone: (302) 672-5650

Westside Family Healthcare
1020 Forrest Avenue
Phone: (302) 678-4622

Georgetown:

La Red Health Center
21444 Carmean Way
Phone: (302) 855-1233

Middletown:

Nemours Pediatrics
200 Cleaver Farm Rd., Ste. 201
Phone: (302) 378-5100

Westside Family Healthcare
306 E. Main Street
Phone: (302) 378-4489

Milford:

La Red Health Center
1 Sussex Avenue
Phone: (302) 855-1233

Nemours Pediatrics
703 North DuPont Blvd.
Phone: (302) 422-4559

Newark:

Center of Hope - Suite 302
620 Stanton-Ogletown Rd.
Phone: (302) 369-9370

Nemours Pediatrics
200 Biddle Avenue, Ste. 101
Phone: (302) 836-7820

Westside Family Healthcare
27 Marrows Road
Phone: (302) 455-0900

Seaford:

La Red Health Center
300 High Street
Phone: (302) 855-1233

Nemours Pediatrics
49 Fallon Avenue
Phone: (302) 629-5030

Nemours Pediatrics
411 N. Shipley Street
Phone: (302) 629-5050

Wilmington:

Alfred. I. duPont Hospital
1600 Rockland Road
Phone: (302) 651-4000

Henrietta Johnson Medical Center - Eastside
600 N. Lombard Street,
Phone: (302) 761-4610

Henrietta Johnson Medical Center - Southbridge
601 New Castle Avenue
Phone: (302) 655-6187

Nemours Pediatrics
1405 Foulk Road, Ste. 101
Phone: (302) 655-3242

Nemours Pediatrics
1600 Rockland Road
Phone: (302) 651-5245

Nemours Pediatrics
1602 North Jessup Street
Phone: (302) 576-5050

Nemours Pediatrics
5500 Skyline Drive, Ste. 4
Phone: (302) 239-7755

Nemours Pediatrics
St. Francis Hospital
Medical Services Bldg.
700 N Clayton St., Ste. 400
Phone: (302) 421-9700

St. Francis Family Practice
Tiny Steps Program
701 North Clayton Street
Phone: (302) 575-8040

Westside Family Healthcare
1802 West 4th Street
Phone: (302) 655-5822

Westside Family Healthcare - Northeast
908-B East 16th Street
Phone: (302) 575-1414

WIC Clinic Sites provide services for children:

WIC provides help to infants, children under 5, and women who are pregnant or have recently delivered a baby.

Services are:

- Immunizations
- Well-child assessments
- Nutrition help through the WIC program
- Screening tests for lead poisoning
- Health education and parenting advice

Claymont:

Claymont Community Ctr.
3301 Green Street
Phone: (302) 283-7540

Dover:

Williams State Service Ctr.
805 River Road
Dover, DE 19901
Phone: (302) 424-7220

Frankford:

Pyle State Service Ctr.
34314 Pyle Center Road
Phone: (302) 424-7220

Georgetown:

Adams State Service Ctr.
546 S. Bedford Street
Phone: (302) 424-7220

Middletown

Middletown Westside Family Services
306 East Main Street
Phone: (302) 283-7540

Milford:

Milford Riverwalk
253 NE Front Street
Phone: (302) 424-7220

Newark:

Hudson State Service Ctr.
501 Ogletown Road
Phone: (302) 283-7540

Seaford:

Shipley State Service Ctr.
350 Virginia Avenue
Phone: (302) 424-7220

Smyrna:

State Service Ctr.
200 South DuPont Blvd,
Suite 101
Phone: (302) 424-7220

Wilmington:

Northeast State Service Ctr.
1624 Jessup Street
Phone: (302) 283-7540

West End Neighborhood House
710 North Lincoln Street
Phone: (302) 283-7540

Do you need to find services to help your child? Now you can simply call 2-1-1.

PROTECT Your Baby's Teeth

Protect your baby's teeth in the first year. Your baby is born with 20 little teeth growing under the gums. You can't see them. But they are there!

Baby teeth are important because your child needs them for:

- a healthy smile.
- chewing food.
- speaking clearly.
- proper facial development.
- holding spaces for adult teeth.
- overall good health.

Dental cavities Facts:

- Most common chronic childhood disease; four times more common than asthma.
- 47% of third graders in Delaware have a history of tooth decay.
- Estimated 51 million schools hours are lost each year in the U.S. for dental related illness.
- If untreated, can cause pain and infection which can distract the child's ability to concentrate in the classroom and at home.

For more information about your child's dental health visit:

http://dhss.delaware.gov/dhss/dph/hsm/ohpfirstsmilede.html

1-2 months

- Clean baby's mouth with wet gauze or clean washcloth after each feeding.
- Do not put baby to bed with a bottle filled with anything other than water.
- Do not dip pacifier in sugar or honey.

5-6 months

- Give a frozen washcloth or cold teething toys to chew on to relieve teething pain. Avoid or limit the use of numbing agents.
- Once the first tooth appears, brush it twice a day using soft-bristle baby toothbrush with a "smear" or rice grain size of fluoridated toothpaste.
- Check your baby's teeth for any white or brown spots by lifting the lip.
- Visit the Center for Disease Control and Prevention; ***https://nccd.cdc.gov/DOH_MWF/Default/CountyList.aspx*** to check the level of fluoride in your drinking water. Check with your baby's pediatrician for fluoride supplements, if fluoride level is low.

10-12 months

- Continue to brush twice a day with a "smear" of fluoridated toothpaste.
- Wean to a drinking cup by age 1.
- Provide water for thirst between meals and snacks.
- Take your baby for their first visit to the dentist by age 1.

1 1/2 - 2 years

- Most babies have all 20 baby teeth by second birthday.
- Floss your baby's teeth.
- Take your child to dental check up every six months.
- Increase the toothpaste amount from "smear" to "pea-size" at age 3.

3-5 years Continue with twice daily brushing and six month check ups.

- This calendar has been prepared using materials from the Parent Information Center; Child Development Watch Program; and the National Cooperative Extension System.
- For more information about the ***Growing Together Portfolio*** project visit our website to download the calendar: ***http://www.dhss.delaware.gov/dhss/dms/birth3pubs.html*** or contact the Birth to Three Office at 302-255-9134.
- This packet is made available to you by Delaware's Department of Health and Social Services Birth to Three Early Intervention System (Part C of the Individuals with Disabilities Education Improvement Act) and Department of Education.
- Through a grant under Part C of the Individuals with Disabilities Education Improvement Act, this material has been prepared for Delaware Health and Social Services by University of Delaware's Cooperative Extension.
- Graphic design, illustrations and typesetting by Precision Arts, Inc., Newark, DE - Cindy Wool, Graphic Designer.
- A special thanks to Birth to Three families and *Kids Count Delaware* for letting us use pictures of their beautiful children.

Information, recommendations, and suggestions found in this material are to be used at the discretion of the reader. This material is not intended to be used as a replacement for baby's doctor.

DELAWARE HEALTH AND SOCIAL SERVICES

Birth to 3 Early Intervention System

6/2017