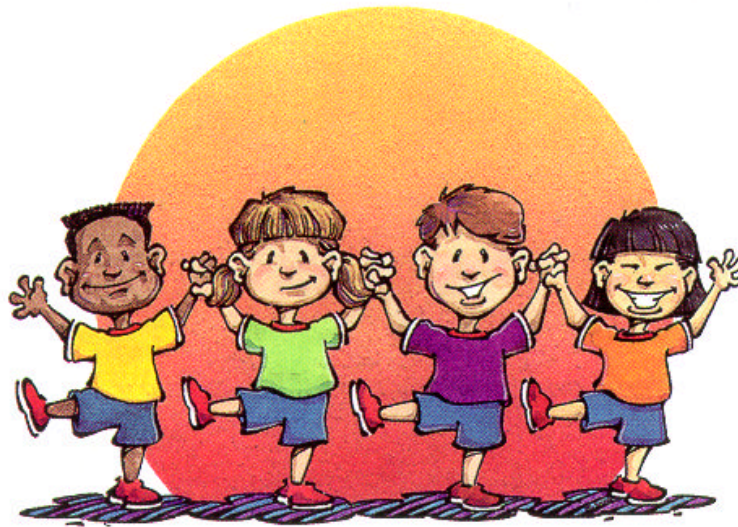


Children Do Come with Directions

A Guide for Parents



*An Initiative of the United Way of Escambia County
1301 West Government Street, Pensacola, Florida, 32501
(850) 444-7111
www.waytocare.com*

Important Numbers

Police/Fire/Medical _____ 911
Helpline (24 hour Hotline for Crisis Calls) _____ 438-1617
City of Pensacola Police (Non-Emergency) _____ 435-1900
Escambia County Sheriff _____ 436-9630

Medical

Poison Control Center _____ 1-800-222-1222
Baptist Hospital _____ 434-4011
 Baptist Health Source (24-hour assistance) _____ 434-4080
West Florida Regional Medical Center _____ 494-4000
 Emergency Room Nurse Hotline _____ 494-6565
Gulf Breeze Hospital _____ 934-2000
Pensacola Naval Hospital _____ 505-6601
Sacred Heart Hospital _____ 416-7000
 Referrals/Nurse Hotline _____ 416-1600
Escambia County Health Department _____ 595-6500
Healthy Start _____ 595-6641

Abuse

Childhelp USA _____ 1-800-4-A-CHILD
Florida Child Abuse Hotline _____ 1-800-96-ABUSE
Favor House Crisis Line (Domestic Abuse) _____ 434-6600
Rape Crisis Hotline _____ 433-7273

Substance Abuse

24-Hour Helpline _____ 438-1617
Alcoholics Anonymous/AI-Anon _____ 433-4191
Community Drug and Alcohol Council _____ 434-2724
Lakeview Center _____ 469-3730
Narcotics Anonymous _____ 1-800-444-1407

My Important Numbers

Baby's Doctor _____

Pharmacy _____

My Doctor _____

Breastfeeding Specialist _____

If you need assistance and don't know where to turn, call

First Call for Help: 595-5905

Parent Resources

First Call for Help _____	595-5905
Childcare Resource and Referral _____	595-5915
Escambia County School Readiness Coalition _____	595-5400

Breastfeeding Information

W.I.C. _____	595-6684
LaLeche League _____	1-800-LaLeche

Parenting Information

Children's Home Society _____	494-5975
Children's Services Center _____	595-5900
Loaves and Fishes Parent Child Center _____	438-7616
Lutheran Ministries _____	453-2772
Escambia School District Family Resource Center _____	595-6915
Healthy Families _____	474-4142
CPR - Call your hospital or the American Red Cross _____	432-7601
Healthy Start _____	595-6641
Success By 6 _____	444-7111

Special Needs/Diagnostic Services

Child Find (for identification/evaluation) _____	469-5426
Developmental Evaluation and Intervention (DEI) _____	416-7656

Support Groups

Special Parents (Special Needs Children) _____	432-4513
Mother to Mother _____	474-9860

Websites ♥

Children's Illnesses and Health	www.kidshealth.org
Escambia County School District	www.escambia.k12.fl.us
National Crime Prevention Council	www.ncpc.org
Childcare, development, and milestones	www.zerotothree.org
Florida Partnership for School Readiness	www.schoolreadiness.org
Brain Development, Florida School Readiness	www.successby6-fl.org
Children's Services Center	www.childrenservicescenter.org
United Way/Success By 6 Escambia	www.waytocare.com
All State Agencies	www.myflorida.com
Early Childhood Initiative Foundation	www.teachmorelovemore.com

♥ Internet access is available at your local library. Call 435-1760 for information

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Introduction

Your Parent Guide

Good parenting is not easy. It can be both a joy and a challenge. Time, skill, and patience are required. As parents, we often have questions or problems and don't know where to find the answers.

Children Do Come With Directions, A Guide for Parents, provides information about your child's health, safety, and development. Also included is information on community resources and choosing quality child care.

As you read, keep in mind that the information is meant to serve only as a general guide. Your child will do some things earlier than the timetables here and some things later. That's perfectly normal.

Children Do Come With Directions, A Guide for Parents, was developed by Success By 6, a community-wide initiative facilitated by the United Way of Escambia County. The initial development and printing was the product of a cooperative effort—Children's Home Society of Florida (Western Division), the Jessie Ball Dupont Foundation, Gulf Power Company, the Junior League of Pensacola, Inc., Escambia County Collaborative Partnership, and Family Preservation and Support Services.

You are your child's first teacher

Read early and often to your child. Call the West Florida Regional Library (435-1760) for their nearest location, and help your child develop a love of reading. The library has books, videos and story-time programs. By reading to your child, you are helping her brain grow and develop. These first years are critical to your child. Make yourself and your little one a promise to read and play together every day.

A Checklist For Growing Children

Your child is one of a kind and will develop at his own rate. He will develop some skills more quickly than others. This guide will help you know what to look for. If you notice that your child is not developing in *many* of these areas, tell your doctor.

By around 3 months, your baby should:

- turn his head toward bright colors and lights
- move both eyes together in the same direction
- respond to loud sounds by startling or crying
- grasp rattles or hair
- wiggle and kick with legs and arms
- smile when you smile at her and make cooing sounds

By around 6 months, your baby should:

- turn toward sounds
- reach for objects and pick them up
- roll from stomach to back
- move objects from one hand to the other
- play with her feet and toes
- recognize and respond to familiar faces
- babble saying “babababa” or “mamama” or “dadada”

By around 9 months, your baby should:

- look to the floor when something falls
- sit without support
- make sounds to get attention
- stand with support and use legs to bounce



Development

By around 12 months, your baby should:

- pull himself to a standing position
- crawl or find some way to get to toys she wants
- wave bye-bye
- put objects into a container and stack two blocks
- hold a crayon and make marks

By around 18 months, your baby should:

- push, pull, and dump things
- follow simple directions like “bring the ball, please”
- pull off shoes and socks
- look at pictures and short books
- feed herself finger foods
- use 8 to 10 words that are easy to understand
- walk without help

By around 2 years, your baby should:

- use 2 to 3 word sentences
- say names of toys
- recognize familiar pictures
- carry an object while walking
- feed himself with a spoon
- play by herself for short periods of time
- imitate parents' actions
- identify hair, ears, and nose by pointing
- build a tower of four blocks
- show affection

By around 3 years, your child should:

- walk up steps using alternating feet
- use the potty
- put on socks and shoes
- open doors
- turn one page at a time
- play with other children for a few minutes
- repeat common rhymes and use 3 to 5 word sentences
- name at least one color correctly

Development

By around 4 years, your child should:

- balance on one foot 4 to 8 seconds
- jump up and down
- dress and undress with little help
- cut straight with scissors
- wash his hands alone
- play simple group games
- ask questions beginning, "What, where, who?"
- give reasonable answers to basic questions
- know his first and last name
- show many emotions

By around 5 years, your child should:

- skip
- catch a large ball
- bathe and dress himself
- speak clearly
- know how to count 5 to 10 objects
- draw a body with at least five parts
- print a few letters and copy familiar shapes



**“My child learns by
watching me.”**

Development

Help Your Baby Grow

You can help your child develop by playing with him. Here's how!

Birth to 3 months

- Respond to your baby's crying with a soothing voice and touch, and try to meet his needs.
- Talk to her and look into her eyes.
- Listen to him and imitate the sounds he makes.
- Play music boxes or hang chimes for her to listen to.
- Give him rattles and toys with different textures.
- Read to your baby.



3 to 6 months

- Play "Peek-a-Boo," "This Little Piggy," and other games.
- Give her a child-safe mirror. Call her by her name.
- Let him play on a blanket on the floor. Help him roll over or sit up for short periods of time.
- Talk, read and sing to your baby.
- Tell your baby parts of his body while you bathe him.

6 to 9 months

- Roll a ball to your baby. Help her roll it back to you.
- Wave and say "bye-bye" when you are leaving and show your baby how to wave "bye-bye."
- Ask your baby to help you while you dress him. Say "Put your arm through your shirt...push your foot through your pants."
- Look at your baby when she tries to "talk." Repeat her sounds.

**Hugs and kisses are
the best rewards!**

9 to 12 months

- Give your baby a bucket with toys or blocks. Help her dump them out and put them back in.
- Sing and read to your baby. Show her books with bright, simple pictures.
- Encourage your baby to pull up, stand and walk around furniture. Hold her hand and help her walk.
- Put "O" cereal on her high chair and encourage her to pick it up.



12 to 18 months

- Encourage your baby to tell you what she wants when she points at something: "Do you want the green ball?"
- Offer her finger foods or a spoon and help her feed herself.
- Name objects your child is using: "Let's put on your coat." "Yum, yum. Cheese for lunch."
- Teach your child manners by saying "Please" and "Thank you" when you talk to him.
- Ask your child to hand you simple objects: "May I have the ball, please?"

18 to 24 months

- Give your toddler stiff board books to look at. Talk to him about the pictures and stories.
- Let your toddler experiment with walking on different surfaces like sand, carpet, and grass.
- Name colors as you play: "Look at the yellow duck." "You have red socks."
- Give your toddler a jumbo-sized crayon to hold and help him scribble on paper or a grocery bag.



**Talk, read, & sing to
your baby every day!**

Development

2 to 3 years

- Give your child toy cars, dolls, and blocks to play with.
- Let your child “help” in daily chores. She loves to mimic you.
- When your child says “Dada car” fill in your reply with more words like “Yes, Daddy is driving the blue car.”
- Let your child spend some time outside running and climbing.

3 to 4 years

- Encourage your child to sing nursery rhymes with you.
- Help her count objects and say her alphabet.
- Give your child books to read and spend time reading with her; find the letters of her name in books or magazines.



- Let your child play with friends his age and teach him to share and take turns.
- Let your child play outside, but never by herself.
- Encourage your child to help with daily chores: “Please put your truck on the shelf.” “Put your plate on the table, please.”

4 to 5 years

- Show your child how to use child-safe scissors and let him practice cutting scraps of paper.
- Sing the alphabet song with your child.
- Listen actively to your child’s stories and encourage her to use her imagination.
- Help your child build language skills by asking him questions: “What do you see?” “What would you like to eat?”
- Encourage your child to dress herself in the morning and get ready for bath time at night.
- Make a trip to the grocery store a learning experience. Talk about different foods and colors.
- Play board games like “Candyland” and “Chutes and Ladders”.

5 to 6 years

- Practice throwing and catching different size balls.
- Give your child crayons, glue, and paper for creative self-expression.
- Take your child on a “field trip” to the library, hospital or airport, and talk about what you see.
- Help your child write and recognize his name.
- Point out different shapes and colors. Let him count different objects: “How many cars do you see?” “How many green cars do you see?”
- Read familiar signs and symbols on cereal boxes, in magazines or fast food restaurants.



“I am a teacher - the most important one my child will ever have.”

Development

Developmental Warning Signs

These early warning signs are *some* common indications that a ~~problem~~ *problem* may exist. **If for any reason you think your child may have a problem, talk to your doctor right away.**

Seeing... If your child:

- can't find and pick up small objects that have been dropped
- rubs her eyes or complains that her eyes hurt often
- has red, watery, or crusty eyelids
- holds his head in a strained way when trying to look at something
- sometimes or always crosses one or both eyes

Talking... If your child:

- can't say "Mama" and "Dada" by age 1
- can't say the names of a few toys and people by age 2
- can't repeat simple rhymes by age 3
- is not talking in short sentences by age 4
- is not understood by people outside the family by age 5



**Pay attention to your child.
Watch your child.
Know what she can do!**

Playing... If your child:

- does not play games like “peekaboo”, “patty-cake”, or wave “bye-bye” by age 1
- does not imitate parents doing household chores by age 2
- does not enjoy playing alone with toys by age 3
- does not play group games with other children by age 4
- does not share and take turns by age 5

Thinking... If your child:

- does not react when you say her name by age 1
- can't point to his hair, eyes, ears, nose and mouth by age 2
- does not understand or enjoy simple stories by age 3
- does not understand simple questions like “What do you do when you are sleepy or hungry?” by age 4
- does not understand the words “today,” “tomorrow” and “yesterday” by age 5

Hearing... If your child:

- does not turn to face the source of sounds or voices by 6 months
- has earaches or a runny nose often
- talks in a very loud or very soft voice
- does not respond when you call from another room
- often turns the same ear toward a sound she wants to hear

Moving... If your child:

- can't sit up by himself by 10 months
- does not walk by herself by 18 months
- can't walk up and down steps by age 3
- can't stand on one foot for a short period of time by age 4
- does not throw a ball over hand by age 4, or can't catch a ball bounced to him by age 5

For information or assistance:

Children ages 0-3
Developmental Evaluation & Intervention Program
416-7656

Children 3 and up
Child Find
469-5426

Development

Your Child's Brain

Your child's brain began to develop while you were pregnant and continues to develop rapidly after birth. A child's brain needs stimulation to develop properly. Love your baby and spend time holding, talking, touching and seeing things together. Read books, look at pictures, sing songs and have fun with your child. These activities will stimulate your child's physical, intellectual, and emotional development.

Did You Know?

- Genes only provide a framework for the brain; environment steers learning potential. The right kind of interaction now gives your baby the best chances for the future.
- If an infant is not touched, held, talked to or exposed to different sights and sounds, the basic "wiring" in the brain is not connected and learning will become nearly impossible.



- Children whose parents have talked to them since infancy have much better language skills.
- Listening to classical music (like Mozart, Bach, Brahms and Vivaldi) early in life enhances your child's brain growth by exercising the same brain cells needed for mathematics.
- Early exposure to violence and neglect can damage the brain and put your child at risk for aggressive behavior, violence, depression and mental disorders.

**Love your child and
watch her GROW!**

Potty Training

Potty training should not be stressful. Keep these things in mind when you're toilet training your toddler:

- **Don't be in a hurry** to start training. You cannot make your toddler use the potty. Training usually occurs between 2 and 3 years of age.
- Make sure your **child can tell you** that he needs to use the potty.
- Your child needs to be able to **quickly and easily remove his clothes**. Buttons, zippers, and too much clothing can be an obstacle.
- **Potty training is for your child**, not for you. She is gaining independence from you.
- **Your child is unique**. Potty training takes time. **Be patient!**
- **There will be many "accidents."** Your child's body is growing, and he may not have control over his bowels and bladder.



- **Buy a small training toilet** and let your child sit on it with his clothes on and with his clothes off.
- **Praise** your child for attempts at using the potty, whether they are successful or not.
- **Experts** do not recommend waking the child at night to train them. The bladder learns by itself to hold more and more urine. Let her sleep in a diaper until you notice a dry diaper for several mornings in a row.

Development

- Let your child pick out new **“big kid” underwear** and let her wear them. Most kids are uncomfortable in wet or soiled fabric underwear.



- Most children cannot stay dry at night. Have your child **use the potty** before bed and limit evening drinks.
- Your child may need your **help** using the potty if she wakes up during the night.
- A good time to put your child on the potty is shortly after eating or drinking and after waking from a nap or a night's rest.

“My child learns by trying and making mistakes.”

Child Care

Finding the right child care setting is a very personal decision. Take your time and visit several sites before you make a decision. Find a caregiver that has values similar to your own—this will make the transition to child care easier for your family.

Finding the best child care center . . .

Look at **child care centers**, **family child care homes**, and the actual **caregiver**, to make sure you have found the best place for your child.

About child care centers . . .

Child care centers should be **licensed** (which will be posted). This means it meets the minimum standards (health and safety) of the State of Florida. To check on the center's history of compliance, call central licensing at 595-8247, or check their website at <http://199.250.30.124/dcf/provider.html>. A child care center can also be **accredited** which means it has met a higher standard than the minimum state licensing requirements.

About the family child care home . . .

Family child care homes can be either registered or licensed.

Registered means they

meet a few standards set by the State, including a criminal background check and affidavit of good moral character. It does not include on-site inspections for health and safety. **Licensed**

means they meet the minimum Florida standards (health and safety) and are monitored yearly. **Accredited**

means they meet a higher standard than the minimum state licensing requirements.



When you visit a Center or Home:

Go without your child the first time so you can really concentrate on what's going on in the center or home. If you like it, then you can go back for a visit with your child. Stay for a while, watch the daily routine, and ask for quiet time to sit and observe.

Development

Questions to ask of child care providers:

- What is the discipline policy? (It should be written out for you.)
- Do they provide hot meals, including breakfast?
- Do they provide a menu of the foods being served?
- What are the health/sick policies?
- What are the fees?
- Do parents pay for sick days?
- How can parents get involved in programs?
- Do they have regular parent meetings?
- Do they offer additional programs, such as music, gymnastics, or Spanish?
- Will the same adults care for your child each day?

Get a feel for the place . . .

- Do you like being there or do you feel like leaving?
- Is it clean? Is it safe?
- Do the children look happy?
- Are there interesting hands-on activities for children to enjoy? (not desks and ditto sheets).
- Is the caregiver interacting with the children on their eye level, or are they looking at her knees while she talks?
- Does the caregiver smile and seem to enjoy children?
- Do you see the caregivers washing their hands and the children's hands regularly?

When selecting child care, make sure that the center or home has an **open door policy**—that you are welcome to stop by unannounced and walk in at anytime to check on your child. Additionally, the children should be actively playing and working. If you see children sitting and waiting at tables for long periods of time, this is what your child will be asked to do also. Children learn by doing—they need to touch, smell, taste, listen and talk in order to learn.

Childcare Resource and Referral Line
595-5915

Transitions - Adjusting To Change

Throughout your child's life, especially in the years from birth to age twelve, there will be many points at which your child enters a new setting away from home. These "separations" may be from home to child care in a center or with a relative, to nursery school or a pre-K program or to kindergarten or first grade. Each of these times of change creates stress for your child, you, and the family. Therefore, it is important to plan activities to make these transitions a positive experience.

Prepare Yourself

Refer to the sections on *Child Care* and *Parent Resources*.

Prepare Your Child

- Bring your child with you to the new setting before you leave him there for care. Observe for yourself how your child fits in.
- Let your child play with toys and other children.
- Be positive and enthusiastic when you talk with your child about the changes that will occur as he goes to his new environment.
- Show your child where you will be while she is in care or school.
- Drive past the care site frequently.



Prepare the Caregivers

- Share information about your child and her family. Help the caregiver see your precious child through your eyes.
- Provide medical information, allergies, special needs, likes or dislikes of your child. Describe how you handle routines at home.
- Answer any questions about your child fully and truthfully. This will help the staff better understand your child.

Development

- Provide promptly all documents required for entrance: immunization records, physical exams, birth records, insurance information.
- Always write down important information or changes in your work routine; leave names, phone numbers, special instructions and any other information required at the care sites.

Transition Begins

- Try to arrive early for the first several days so you can help your child get comfortable in the new setting.



- Establish a daily arrival routine: sign in together, put belongings away, talk about items in the room. Try not to rush this routine.
- Let your child bring a favorite toy and a family photo. Even infants will enjoy a favorite blanket, pacifier, toy, and a large picture of the family to put in the crib.
- Telephone later in the day to check on your child's progress. Ask caregivers at the end of the day how the child is adjusting.

Every Day

- Make sure the caregiver sees and greets your child.
- Always tell your child good-bye and give him a hug and kiss. Tell who will pick him up and when: "Daddy will pick you up after your nap."
- Be firm, but loving, at departure time. Good teachers will help your child become involved in activities.
- Establish a happy routine at drop-off and pick-up time.
- On the way home, encourage your child to talk about his day. You can talk about your day, sing songs he's learned and have fun.

**Give your child lots of hugs while
you tell him you love him.**

Preparing Your Child For School

School Readiness” means your child has the skills needed to be successful in school. He should be ready physically, socially, mentally, and emotionally, and be eager to learn.

A child's success in school depends on the skills he or she learns by age six. Infants and toddlers who receive good nutrition, see their doctor regularly, and who are helped to learn by playing at home and with other children enter kindergarten and first grade with the tools and the positive self-image they need to learn.

Schools use different methods to measure readiness. Contact the school your child will be attending at least one year before you expect your child to start to see what *they* consider “ready.”



In general, most children entering kindergarten or first grade should be able to:

- say their full names
- use a restroom without help
- take turns
- hop and jump
- catch and throw a ball
- use crayons and scissors
- name basic colors

A good way to prepare your child for formal schooling is to enroll him in a pre-school

program. Here are a few ideas to get you started:

Head Start	432-2992
Escambia County Pre-K	595-6915
Child Care Resource and Referral	595-5915

Good Nutrition Makes A Difference

Keeping your child healthy means giving her good food to eat. Here are some guidelines to follow:

- **Human milk provides all the nutrition your baby needs and protects her from illness in a way no formula can.** If you decide not to breastfeed, infant formula with iron should be your choice.
- **Babies should be fed solids, including infant cereal, from a spoon.** Most babies are not ready to spoon feed until about 4 months. Feeding a very young baby cereal and other foods does nothing to help him grow and develop.
- When buying jar baby foods, plain fruits, vegetables and meats are better than fruit desserts and mixed dinners.
- Babies do not need juice until about 6 months. **Offer juice in a cup to protect her teeth** (refer to the section “Build Healthy Teeth and Gums”). You can offer water in a cup, too.
- Infants drinking **formula** should wean to the cup at 12 months. Fifteen months is a good time to finish the weaning process. Start by decreasing the amount of formula your baby drinks to around 24 ounces (3 bottles) a day.
- **Mothers should feel comfortable nursing into their baby’s second year.** Offer your child 3 meals a day and 1 or 2 snacks in addition to breast milk. Growth slows quite a bit in the second year of life. You may feel your child is not eating enough. You can check with your doctor to see if your child’s weight gain is normal.

Nutrition

- Offer nutritious meals 3 times a day as well as healthy snacks. Don't let your child drink too much milk or juice. Eight ounces of juice and 16 ounces of milk each day is enough. Offer picky ~~eaters milk or juice~~ after meals.
- Variety is the key to good nutrition. Don't be afraid to try new foods and remember: your child may like foods you don't care for.
- Give your child healthy snacks like fruits and vegetables, not candy, soda and chips that offer no nutrition and too many calories.



**“You are
a role
model.
Your
child will
imitate
your
behavior,
good
or
bad.”**

**Call your local WIC (Women, Infants,
and Children) Program at 595-6670
for more nutrition information.**

Why Breastfeed?

F or the first 6[♥] months of life, your baby needs *NO* solid food. You should not give her cow's milk until she is one year old. Breast milk is by far the best food for your baby. The benefits of breastfeeding are many:

For Baby...

- breast milk provides perfect nutrition
- breast milk gives your baby special protection against serious illnesses
- there is a special closeness (bonding)
- less colic because breast milk is easy to digest
- fewer allergies
- fewer colds, flu and ear infections
- breastfeeding promotes hand-eye coordination
- a decreased risk of SIDS
- decreases risk of juvenile diabetes, leukemia, Crohn's Disease and childhood Lymphoma

For Mom...

- breastfeeding promotes a special closeness
- night-time feedings are quick and easy
- breast milk is always available at just the right temperature
- breastfeeding helps you lose weight after your baby's birth
- breastfeeding saves money—you will have more money to spend on you and your baby
- the longer you breastfeed, the risk of osteoporosis decreases
- doing laundry is easier—breast milk doesn't stain
- decrease risk of breast and/or ovarian cancers

Breastfeeding Information & Support

WIC	595-6670
La Leche League	1-800-La Leche
Hospital Breastfeeding Specialists	
Baptist	434-4567
Sacred Heart	416-8088
West Florida	494-4368
Navy	505-6058

♥ American Academy of Pediatrics recommendation.

If You Bottle Feed...

- Y**ou can use a bottle to feed your baby expressed breast milk or the formula your doctor recommends. **All your baby needs for the first 6 months is breast milk or formula**♥ - NO COW'S MILK AND NO SOLID FOODS!
- It is very important to **hold your baby when you feed her a bottle**. She needs to feel close to you.
 - Propping a bottle could cause her to choke.
 - **Putting your baby to bed with a bottle leads to ear infections and tooth decay.**
 - Discourage your child from carrying their bottle around because it
 - sometimes results in excess intake of formula.
 - encourages tooth decay.
 - causes difficulty weaning and toilet training (due to the increased fluid intake).
 - **Infants drinking formula should wean to the cup at 12 months.** Fifteen months is a good time to finish the weaning process. Start by decreasing the amount of formula your baby drinks to around 24 ounces (3 bottles) a day.
 - **Carry powdered baby formula.** Put clean water in bottles and mix just before feeding. This will eliminate milk spoilage while out in the car.

“My baby depends on me for love
and comfort.”

♥ American Academy of Pediatrics recommendation.

Starting Solids

After he is 4 months old (6 months old if breastfed), your baby may be ready for solid foods. Ask your doctor when he or she recommends solid food. The following chart shows when foods are usually introduced during the first year:

First Year Diet	
Birth To 1 Year	breast milk or iron fortified formula
4 to 6 Months ♥	infant cereal from spoon
5 to 6 Months	strained fruits and vegetables
At 6 Months	strained meats, cooked egg yolk (small amounts), plain yogurt, fruit juice from a cup (with help)
At 7 Months	mashed or ground meats, mashed cooked vegetables and fruits, cottage cheese
At 8 Months	finger foods that melt in the mouth (graham crackers, infant cookies) cooked vegetables, peeled, soft fruits, small tender pieces of meat, pieces of cheese
At 10 Months	finely chopped table food, beans, bread, chunks of cheese, noodles, fish
At 1 Year	whole milk, whole egg, weaning off bottle (off completely by 15 months)

♥ some doctors suggest waiting until 6 months, especially with breastfed babies—ask your baby's doctor

YUK!

As much as we would like to see our children eat a variety of foods, there are some things we should not let them eat until they are old enough.

- ⊘ Do not give your infant **honey** until he is at least two years old. Honey, even the kind you buy at the grocery store, can cause botulism (a form of food poisoning) in young children.
- ⊘ All **small, hard foods** like popcorn, lollipops, hard candy, nuts, seeds, corn, raw carrots, raisins, or chips can cause your baby to choke. Wait until he can chew and grind hard foods.
- ⊘ Avoid **hot dogs and whole grapes** or cut them up into small, wedge-shaped pieces so that your baby won't choke on them.
- ⊘ Do not add **sugar, salt, or strong spices** to your baby's food.
- ⊘ Stay away from **mixed baby food dinners**. They contain starch and other non-nutritional "fillers." Mash up table food instead.
- ⊘ Do not give your baby **soda, tea, coffee** or other caffeinated or **artificially sweetened foods**.
- ⊘ Do not give your baby **cow's milk** until she is one year old.



Health and Safety

“Keep Me Safe”

Your child's job is to learn about the world around him. Here is a checklist of some things you can do to make sure your house is a safe place your baby can explore.

The Seven Greatest Dangers To Your Baby

- ☠ **Drowning (# 1 in Florida)**
- ☠ **Motor Vehicle Crashes (# 2 in Florida)**
- ☠ **Choking**
- ☠ **Falling**
- ☠ **Burns**
- ☠ **Poisoning**
- ☠ **Suffocating and Strangling**

At Home

- Go room by room and have your home ready before your baby starts crawling. Crawl around your home to see it the way your child sees it. Check it again when he starts to pull up on furniture.
- Keep anything your baby could choke on out of reach. If the object is smaller than her fist, your baby could choke on it.
- Keep anything that could poison your baby out of reach. This includes medicines, cleaning products, perfume, mouthwash, even baby vitamins.
- Keep matches and lighters away from children.
- Make sure cords from blinds or curtains are out of reach of your baby's crib.
- The slats on cribs should be no more than 2 3/8 inches apart.
- Throw away teething rings, pacifiers, and bottle nipples, if they are sticky or cracked.
- Keep the temperature on your water heater at 120° F and always check the water temperature before placing your child in the tub.
- Put non-skid bath mats on the tub and bathroom floor.
- Install plug guards in all electrical outlets.

**Nothing can replace supervision,
and nothing can replace your child!**

Health and Safety

In the Kitchen

- Turn pot handles to the back of the stove and do not hold your baby while you're cooking.
- Keep hot foods and liquids away from the edges of the tables and counters.
- Don't use tablecloths, which children can easily pull off the table.

In the Car

- **Always** strap your baby into a certified car seat. **Never** hold your baby on your lap. Florida law requires children under four to be in a car seat.
- Use a rear-facing infant seat for babies under 1 year and 20 pounds.
- Use a toddler seat (sometimes called a convertible seat), facing forward, for children over one year and weighing between 21 pounds and 40 pounds.
- Booster seats should be used in the back seat for children weighing between 40 and 80 pounds and 4' 9" or less.
- The best place for children under 13 is in the back seat, especially if your car has a passenger-side air bag.
- Pack a diaper bag with food, bottles, diapers and wipes, two changes of clothes, and a few extra plastic bags to put soiled items into each time you leave the house.
- Carry powdered baby formula. Put clean water in bottles and mix with formula powder just before feeding. This will eliminate milk spoilage while in the car.
- **NEVER** leave your child alone in a car. Even on a nice day, a few minutes in a closed car can do damage to a baby's brain.

Learn Infant Child CPR - Take A Class Now

**Put Poison Control Center Number
By Every Phone:**

POISON CONTROL CENTER

1-800-222-1222

Squeaky Clean

Keeping your baby clean helps to keep her healthy.

Umbilical Cord Care

- The dried cord will fall off by itself in about 2 weeks. **Do not pull on the dried cord.**
- Give your baby **sponge baths until the cord falls off.**
- Twice a day, **use alcohol on a q-tip or cotton ball to gently wipe the cord.** This does not hurt your baby. She may cry, but this is because she is “exposed” to the elements.
- **Fold the diaper down** so that air can get to the cord. The air and alcohol help to dry and heal the cord.

Diaper Area

- Take special care after a bowel movement to clean the folds and creases.
- Wipe **girls** from **front to back.**
- If your baby boy is **circumcised**, give him **sponge baths** until his penis heals.
- **Uncircumcised boys** should be gently washed as usual. Do not pull the foreskin back to clean. This will hurt your baby.



Bathing

Bath time is a wonderful opportunity to love your baby. Talk and sing to her. Make it a special time! Bathe your newborn baby every other day. On the days between baths, **make sure to clean behind her ears and neck and under her chin** where milk and spit-up can collect.

- Get all the items you'll need together beforehand.
- Check the water temperature. It should feel warm on your wrist.
- Start with the cleanest part of the body: the face.
- Use clear water to clean her eyes and face.
- Use a washcloth to wet her hair. Lather a small amount of shampoo and rinse with the washcloth.
- Never leave your baby alone in or near water!

Sponge Baths

- Keep your baby dressed during a sponge bath so that she doesn't get cold.
- Uncover only the parts you are washing.

Tub Baths

- Use a baby bathtub or put a thick towel in the bottom of the kitchen sink.
- Put about 2 inches of warm water in the tub (that's about up to your second knuckle).
- When your baby can sit by herself, you can use the "big" tub. Water to cover her diaper area is enough.

Cradle Cap

- Cradle cap is a greasy buildup on your baby's scalp.
- *Prevent* cradle cap by keeping your baby's head clean, especially on the top of her head where cradle cap often forms.
- *Treat* cradle cap by shampooing hair daily and use a soft brush or your fingernails to *gently* scrub the scalp.
- You can try Crado1™ or Selsun Blue™ if baby shampoo is not helping.

**“I love my baby for who she is, not
what I want her to be.”**

Health and Safety

Medicine Chest Musts

It is a good idea to keep these things on hand. Call your doctor, if you're not sure, for instructions before you use any of these:

- Saline nose drops
- Bulb syringe (nasal aspirator)
- Acetaminophen (Children's Tylenol™, Tempra™, etc.) and Children's Ibuprofen
- Thermometer
- Petroleum Jelly (Vaseline™)
- Syrup of Ipecac (to make your baby vomit if he has eaten poison—never give without doctor's approval)



Get to know your baby's doctor

Call the Doctor if Your Baby...

- ☎ Has a rectal temperature higher than 100.4° F or lower than 97° F
- ☎ Is not eating like she normally does
- ☎ Is not wetting at least 6 diapers a day
- ☎ Has severe diarrhea
- ☎ Is not gaining weight
- ☎ Is sleepy all the time and is not alert when she is awake
- ☎ Is waking up at night more often
- ☎ Is vomiting forcefully or often
- ☎ Has an extremely sunken or bulging soft spot on the top of her head

“I Feel Hot!”

Take your baby’s temperature *only* if you think she has a fever. To read a glass thermometer, turn the thermometer until you see a wide bar. Long lines are the whole numbers, 98, 99, 100. Count each smaller line by two’s: 2, 4, 6. Make sure you clean the thermometer after each use with rubbing alcohol, then soap and water.

Rectally:

- if your baby is 6 months old or younger
- use a **rectal** thermometer with a short, rounded bulb
- coat it with K-Y or petroleum jelly
- gently insert the thermometer about 1/2 inch
- hold the thermometer in place for 2 minutes
- normal rectal temperature is 99.6°
- **100.5° is a fever - call the doctor**

Under the Arm:

- any age
- use a rectal or oral thermometer
- gently place the thermometer under arm
- hold the thermometer in place for 5 minutes
- normal underarm temperature is 97.6°
- **99° is a fever - call the doctor**



Orally:

- do not use until your child is 4 years of age or older
- normal oral temperature is 98.6°
- **104° is a significant fever - call the doctor**

In the Ear:

- do not use until your child is 1 year or older—the reading may not be accurate because the ear canal is too short

Pacifier Thermometer:

- these usually read a lower-than-actual temperature and may not work well when the child is having respiratory problems.

Sleepy Time

What happens if you do not have enough sleep?

- you are irritable
- you do not do your best work
- you are more likely to have an injury or make mistakes

Children are exactly the same way. Experts suggest from **9 to 12 hours a day of sleep** for children (even teenagers).

Want a few more tips?

- have children go to bed at the same time each night
- have children get up at the same time every morning
- make sure their bedroom is quiet, dark and cool
- children need good mattresses and pillows, too
- kids should get plenty of daytime exercise, but not within one hour of bedtime--have a calming-down time
- television can overexcite or frighten--no TV or games within an hour of bedtime (and no TV's in their bedroom!).
- don't allow them to eat too close to bedtime
- don't let them drink sodas with caffeine after 2:00 p.m.
- try a warm bath before bed
- read them a story--your loving interaction can be the beginning of a good night's sleep!

Infant Sleeping

- put babies **on their back** on firm, tight-fitting mattresses
- remove all pillows, quilts, comforters and sheepskins from cribs
- consider using pajamas or a sleeper with feet as an alternative to blankets
- make sure the baby's head remains uncovered
- never put the baby to sleep on a waterbed, sofa, soft mattress or pillow

Sleeping With Your Baby

Some people say it is very dangerous to sleep with a baby, while others have watched their parents and friends do so without any serious problems. Many babies die each year from mom or dad rolling over on them or suffocating in the cracks of a couch or chair. Here is a list of generally accepted do's and don'ts when it comes to bed-sharing with an infant.

- put baby on her **back** to sleep
- no smoking in the room and definitely not in the bed.
- no medicine, drugs or alcohol -- you may roll over on the baby and never know it!
- never bed-share in a waterbed, sofa or overstuffed chair
- do not put the baby to sleep alone in an adult bed
- mom's long hair should be pulled back and fastened
- check for any gaps between the headboard/footboard and the mattress
- no soft bedding, stuffed animals or feather pillows -- anything that could be so soft as to suffocate the child
- no sisters or brothers in the bed with infants

**Be Smart!
Be Careful!
Protect Your Baby!**

Shots Prevent Disease

These serious, deadly diseases can be prevented by immunizations.

- **CHICKEN POX**—Chicken Pox causes a fever and painful, fluid-filled sores all over the body. Harmful diseases can infect the body through the open sores and cause serious illnesses, even death.
- **DIPHThERIA**—Diphtheria develops in the throat and spreads through the body causing heart failure, paralysis or death. (DPT Vaccination)
- **HEMOPHILUS INFLUENZA TYPE B**—can cause meningitis which leads to brain damage and even death. (HIB Vaccine)
- **HEPATITIS B**—is a disease of the liver. Victims suffer serious health problems such as scarring of the liver or liver cancer.
- **MEASLES**—causes a rash, cough, and fever. It can lead to ear infections, pneumonia, seizures, brain damage and death. (MMR Vaccine)
- **MUMPS**—causes a fever, headache, and swollen glands under the jaw. It can lead to deafness and brain damage. (MMR Vaccine)
- **PERTUSSIS OR WHOOPING COUGH**—causes violent coughing and choking spells which make it hard to eat, drink, or breathe. It can lead to pneumonia, seizures, brain damage and death. (DPT Vaccination)
- **POLIO**—can paralyze and even kill its victims. Some of the people who do recover will be disabled for the rest of their lives.
- **RUBELLA OR GERMAN MEASLES**—causes a rash and fever. Babies born to infected mothers have birth defects, heart disease or brain damage. (MMR Vaccine)
- **TETANUS**—spreads a poison through the body causing painful muscle spasms powerful enough to break bones. (DPT Vaccination)

Well-baby Checkups

Well-baby checkups are a good time to talk to your baby's doctor about development and your child's health. They are helpful in preventing diseases and finding problems early.

- At the first visit, family history on allergies and diseases will be recorded.
- Your doctor will want to know your baby's habits: How long does she sleep? What does she eat? How many diapers does she wet each day?
- Your baby will be weighed and measured at each visit to make sure he is growing properly.
- His vision, hearing and reflexes will be tested and his eyes, ears, nose, mouth, genitalia, lungs and abdomen will be checked.

Plan these visits to the doctor:

It is very important that you get your baby's shots on time. Many times well-baby check ups and shots can be done at the same time. Keep your baby healthy. Take your baby to the doctor or the Escambia County Health Department (595-6554) for shots or checkups when he is...

SHOT & CHECKUP SCHEDULE

- | | |
|------------|-------------|
| → 2 Weeks | → 9 Months |
| → 2 Months | → 12 Months |
| → 4 Months | → 2 Years |
| → 6 Months | → 4 Years |

Immunizations are listed in blue.

No health insurance?

If your child does not have health insurance, Florida KidCare may be able to provide coverage to your child/children at low or no cost if your family meets certain income requirements (example: family of 3—income under \$2,500 a month; family of 4—under \$3,000 a month). For more information, call:

(850) 595-6190 or (800) 236-5108

Build Healthy Teeth and Gums

Follow these rules to make sure your child has healthy teeth and gums:

- **Do not put your baby to bed with a bottle.** Sugary liquids, including juices, milk and formula can cause cavities even before you can see teeth in your baby's mouth!
- **Clean your baby's gums and teeth** with a moist gauze pad or thin wash cloth each time she eats or drinks.
- Ask your pediatrician about using **fluoride** when your baby is 6 months old.
- **Brush your child's teeth** after eating meals and snacks and before bedtime. Children under 2 years old should not use toothpaste because they might swallow it. Brushing with water up to age two is enough.
- **Children of all ages need help** brushing thoroughly.
- **Floss** your child's teeth once a day.
- **Take your child to the dentist** every 6 months, beginning at age 1.
- Feed your child **nutritious foods**.
- **Limit sweet, sticky, sugary foods.** Give your child fruits or vegetables for snacks.
- **Protect** your child's teeth from injury. When riding a bicycle, skateboard or skates, or playing sports, have your child wear a helmet and mouthguard.



**Set a good example.
Follow these rules yourself!**

Biting

About 1 in 10 toddlers and two-year-olds begin biting. Try to figure out what happened right before the biting occurred and immediately discourage the behavior. It is not “cute” or “funny.” Kids bite for different reasons—here are a few theories:

- **Experimenting Biter:** These children bite mom’s breast or a shoulder, possibly because of teething pain or a desire to experiment with sensations. A clear, firm message of “no biting” and shifting their attention to other teething items may be enough.
- **Frustrated Biter:** These children react to frustration or the need for attention by a negative activity; in this case, biting. Find ways to give them positive attention and make sure they understand they are hurting others.
- **Control Biter:** These children bite in self-defense when they are feeling threatened or not in control. Sometimes this happens when Mom goes back to work or a family tragedy occurs. Give lots of nurture, but be firm with the “no biting.” A child should not experience any reward for biting—not even a reward of negative attention. Never hit or “bite back” a child.

In summary:

- figure out what may have started the biting
- be firm with your “no biting” rule
- help the child find age-appropriate ways to control their behavior

Exercise

Running, jumping, throwing—almost any form of exercise—is important to your child’s total development and weight control.

- toddlers should have at least 30 minutes a day of structured physical activity; preschoolers at least 1 hour.
 - play ball or chase
 - balancing games or tumbling
- toddlers and preschoolers should have at least 1 hour of unstructured physical activity each day
 - exploring
 - finding safe objects to ride, push, pull, balance on and climb
- toddlers and preschoolers should not be just sitting (such as watching tv) for more than an hour at a time.
- infants and toddlers should not regularly be in car seats or bouncy seats for long periods (over an hour). They may roll over or sit later than other babies who are stretching their muscles. Try a blanket on the floor for infants.



Lead Poisoning

Lead poisoning can cause learning and behavioral problems, high blood pressure, kidney damage, and even death. You can prevent lead poisoning by knowing these common sources of lead:

Lead-based Paint

- Eating cracked, chipped or peeling lead-based paint is a common lead source for infants. Do not allow children to chew on painted surfaces.
- Check cribs, highchairs, window sills, and other painted surfaces for lead-based paint.
- Clean windows with soap and water to remove loose paint and dust. Household dust can contain small pieces of lead from paint chips or tracked-in dirt.
- Painting over chipped or peeled lead-based paint does not make it safe. Strip old paint before painting. Wear a filtered mask so that you don't breathe in any of the paint dust. Keep children away until the house has been cleaned and repainted.

Soil

- Sometimes lead is in soil near buildings or heavy traffic areas.
- Don't let your child eat outside on the ground or eat dirt.
- Take your shoes off at the door so soil and dust are not brought into the house.

Food

- Wash fruits and vegetables before eating them.
- Do not store juices or food in open cans.
- Remove and throw away the outer leaves of lettuce and cabbage.
- Do not cook or serve foods in ceramic ware made outside of the United States.

**Call 1-800-424-LEAD (5323)
For More Information**

Kick The Smoking Habit

I *f you smoke while you are pregnant:*

- You could have a miscarriage or stillbirth.
- Your baby could be born too soon or too small. Babies born too small may have breathing and other health problems.
- Your baby could have learning and behavior problems later in childhood.
- Your baby could die from crib death (Sudden Infant Death Syndrome or S.I.D.S.), which means a baby who seems healthy dies without any warning.

A Word About Second-Hand Smoke

After your baby is born, try NOT to start smoking again and encourage others in your family to stop smoking. Babies and children who are around smokers have more colds and ear infections. Ear infections are the #1 reason for children's hearing loss. Children exposed to secondhand smoke are also twice as likely to have asthma and are less likely to outgrow it. You also increase the risk of S.I.D.S. Children whose parents smoke are more likely to grow up to be smokers themselves.

NOW is a great time to
QUIT SMOKING
for you and your baby!



FOR HELP TO STOP SMOKING CALL

American Cancer Society
438-4491

American Lung Association
1-800-LUNG-USA
586-4872

When your Baby Cries

A baby cries for many different reasons. She is not trying to annoy you, it's just her way of letting you know what she needs. There are a number of ways to calm her. Start with one soothing action at a time. If what you tried is not working, try something different. Here are some ways to calm your baby:

Why Your Baby Cries	What You Can Do
Hunger	Your baby is eating every hour if you are breastfeeding her and every 2 hours if you are giving her formula. Even if it seems like you just fed her, she may be hungry again.
Gas Pain	Burp her. A baby suffering from gas sometimes needs help relieving the pressure. You can even lay her on her back and gently ease her legs up as if she's riding a bicycle.
Constipation	Use the bicycle technique or place her over your shoulder and push her feet up so she's in a squatting position.
Diaper is wet or soiled	You should be changing your baby's diaper between 6 and 8 times per day. She may have diaper rash.
Too hot or too cold	Make sure his clothes are appropriate for the climate. Dress your baby like yourself.

Family Life

Why Your Baby Cries	What You Can Do
Sleepy	Rock your baby. Rocking is rhythmic and helps calm him enough to get to sleep
Lonely	Swaddle your baby. This helps your baby feel secure.
Bored	Change his environment. Take him for a walk. If you're inside, go out.
Over-stimulated (too much handling, too many people)	Play soft music if the music is loud, or turn it off. Put him in an infant swing or carrier or his crib to give him some quiet time alone.
Needs Attention	Cuddle your baby. Talk and sing to him. He may just need to feel your touch or hear your soothing voice.

Danger!

Babies can be frustrating sometimes and, it's normal to feel impatient or angry.
But no matter how angry you feel,



Do Not Shake Your Baby!

SHAKING YOUR INFANT CAN CAUSE BRAIN DAMAGE OR DEATH.

Let the baby cry if you must. Take a 10 minute break and close the door. Chances are your baby will calm herself but if she continues to cry, *you'll* be calm and able to take care of her.

Setting Limits For Your Child

Setting limits means having rules, rewards, and consequences to help your child learn right from wrong. It is our job as parents to set up rules that are fair. Our children, on the other hand, must learn about the world by exploring and experimenting.

There are different ways of managing your child's behavior depending on her age. However, spanking never works for any age.

Spanking Teaches Kids:

- To fear you, not respect you.
- Poor self-esteem.
- Hitting is an acceptable way to express anger.
- It's okay to hit people you love.

Myths About Spanking

Myth: Children who aren't spanked become spoiled.	Truth: Children who are not given limits are spoiled
Myth: Infants need to be spanked because they can't understand language.	Truth: Infants need to be redirected to something safe. Infants can understand "no, no" and "stop."
Myth: Spanking is okay because I was spanked as a kid.	Truth: Spanking made me feel small and helpless when I was a kid.
Myth: Spanking is the only way to let my kid know I am serious or angry.	Truth: I need to earn my child's respect by respecting him. A child who respects me, listens.

Don't Spank! Do This Instead:

- Supervise your children of all ages
- Distract your child with something else: toys or books, for example
- Use Time Out for your 2 to 6 year old
- Ignore tantrums and whining
- Set consequences you can enforce and don't back down
- Be a good role model

Time Out

In Time Out, the child is sent to a quiet area to calm down or take a break from high activity. The child sits one minute for each year of age (a 2 year old sits for 2 minutes, etc.)

Use Time Out Wisely

- Use a safe, nonthreatening area of your house other than your child's room.
- Give the child one warning and tell him that next time he will be sent to Time Out.
- If the behavior continues, take the child to the Time Out area.
- Tell him again exactly why he is being sent to Time Out.
- Ignore all promises, arguments, and bargains. Stick to your consistent rules.
- Use a timer to keep track of how long he will be in Time Out.
- Do not start the timer until he is quiet.
- If the child leaves the Time Out area, calmly take him back and begin the time out again.
- When time out is over, allow the child back into the activities.
- Praise him for sitting in Time Out quietly.

Rewards and Praise

As parents, it seems that the “bad” behaviors get the most attention. It is our job to make an effort to pay attention and tell our kids when we're proud of them and when they're being good. Find the little things he does right and reinforce positive behavior with praise. This lets your child know that he's doing the right thing. Be consistent with praise and rewards, too. A hug goes a long way!

**“I'm proud of you!”
are magic words.**

Fathers Are Important, Too!

Often we concentrate on mothers and how important they are to baby's health and growth, but fathers are just as important. The relationship a father has, or does not have, with his children greatly influences his child's potential for success.

Did you know...?

- The way a child feels about his or her father is directly related to how the mother feels about the father.
- Fathers spend more time playing with their children and are more stimulating and physical in their play.
- Fathers are viewed as more interesting play partners by children.
- Fathers have the greatest influence on their sons during early childhood.
- Children are less likely to get involved with drugs and alcohol when their father is active in their lives.
- When both parents are involved, daughters are less likely to engage in sexual activity at an early age.



Take Time For Yourself

As you care for your new baby, don't forget to nurture yourself and your partner. Parenthood can make your relationship deeper and stronger, but not without effort.



Before your baby is born life just seems full. You have no idea how much fuller your life will be after your baby arrives. Babies take almost ALL your time, not just some of it. It is filled with stress, and if you let stress overcome you, you cannot be the good parent you want to be.

Here are a few tips to ease stress:

Take time for yourself: Ask your partner or trusted adult friend to watch the baby while you take a nap or go out by yourself.

Take time as a couple: It's fun to enjoy your new baby as a couple, but you need time to just be "the two of you" for a while.

Identify the things that stress you out, so you can deal with stress effectively. Getting everything done is almost impossible!

To help you, here are some essential things you can do:

- Get rest
- Get help
- Set your priorities
- Get a jump on tomorrow - plan ahead
- Eat right and exercise
- Do something for yourself!
- Get focused
- Get organized

Words...

Remember the adage: “Sticks and stones may break my bones, but words will never hurt me”? Not true for your child. Words can uplift or tear down. Build their self-esteem a little every day.

Want some hints?

- **Good job!**
For example: You did a great job listening!
 - **I'm proud of you!**
For example: I'm proud of you for using your words instead of hitting!
 - **I trust you!**
 - **Thank you!**
 - **I have your picture on my desk at work!**
 - **Thank you for helping before I asked!**
 - **I knew you could do it!**
For example: I knew you could tie your shoe!
 - **You are special to me!**
 - **You really tried hard today!**
For example: You really tried hard to listen today!
 - **I love you!**
-



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