



Pause for a child

When your baby first comes home, your primary parenting tasks are to feed him, change him and love him.

As she grows, so do opportunities to not only provide for her needs, but also nurture her socially, emotionally and developmentally.

Children experience a dramatic spurt of growth from **birth to age five**. As you enjoy your child's sense of wonderment during this period, consider how to help him thrive.

- **Cuddle and play often.** Human touch helps your baby feel connected and safe.
- **Read** age-appropriate books filled with images in their world: animals, colors or other babies.
- **Talk** to your baby or young child throughout the day to familiarize him with your voice and to help him develop solid language and communication skills.
- **Play** music to stimulate her brain or help your child relax. Sing songs that rhyme.
- **Provide art supplies**, such as paper, crayons and play dough, to foster your child's creativity.
- **Emphasize healthy eating, exercise and proper amounts of sleep.** Incorporate good eating habits from the start and as your child grows more independent, these routines will be easier to maintain.

