



# Children do come with Directions

A guide for parents

United Way  
SUCCESS BY 6



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A guide for Parents



#### **Dedication to Francis S. Koenigsburg**

This book is dedicated in memory of Dr. Francis S. Koenigsburg. Dr. Koenigsburg devoted her life to the education of generations of our youth, capturing their passion, challenging their intellect and readying them for a greater understanding of the world around them



This book is made possible through the generous funding support of **Entergy James A. Fitzpatrick Plant** of Oswego County, the **Fulton and Oswego Sunrise** and **Noontime Clubs** and the **Rotary District 7150**.

United Way of Greater Oswego County / Success By 6 presents **Children Do Come With Directions, A Guide for Parents**, modeled after a booklet developed by Success By 6, the early childhood initiative of the United Way of Lancaster County. It was made possible by support from **Alfred State College, The ACCORD Corporation and the Allegheny/Western Rural Health Network**. They modeled their version after The United Way of Carlisle and Cumberland County in Pennsylvania with the generous funding support of **Carlisle Area Health & Wellness Foundation and the Wells Foundation**. The original development and printing was the product of a cooperative effort of 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.

### Special thanks

go to the following individuals and organizations for their valuable assistance in producing this guide.

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**Oswego County Public Health Department**

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**HQ Hanson Printing**

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### 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

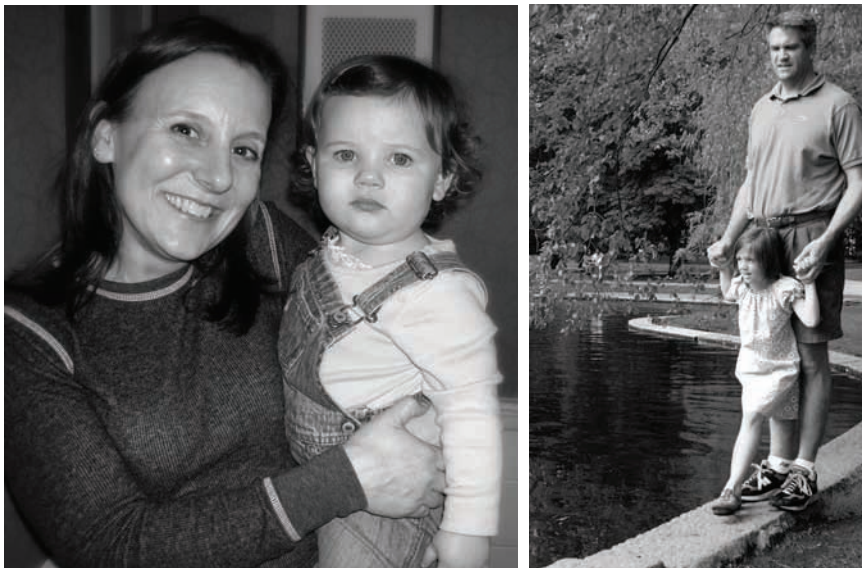
provides information about community resources, your child's health, safety, and development. Also included is information on community resources, choosing quality childcare and school readiness.

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 suggest and some things later. That's perfectly normal. If you are concerned, contact your child's doctor.



### You are your child's first teacher

Both parents are very important in developing an intelligent and caring child. Go to your new baby whenever she cries. Your child will then know that the world is a safe place where parents can be counted on when they are needed. The more quickly parents respond to their children in the first weeks and months of life, the more independent and secure infants will be by one year. This warm and immediate response forms an attachment between you and your child. Mothers and fathers have different ways of caring for a baby. Both ways are important. Fathers need to hold their babies, talk to them, feed, diaper and comfort them before bedtime.



### A CHECKLIST FOR GROWING CHILDREN

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

#### By around 3 months, your baby should:

- Turn 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 back when you smile and make cooing sounds

#### By around 6 months, your baby should:

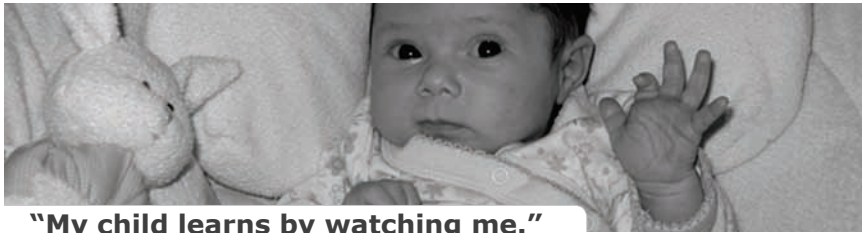
- Turn toward sounds
- Reach for objects and pick them up
- Roll from stomach to back
- Move objects from one hand to the other
- Play with her feet and toes
- Recognize and respond to familiar faces
- Babble saying "babababa" or "mamama" or "dadada"

#### 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

#### 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



**“My child learns by watching me.”**

**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 himself 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 herself with a spoon
- Play alone 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:**

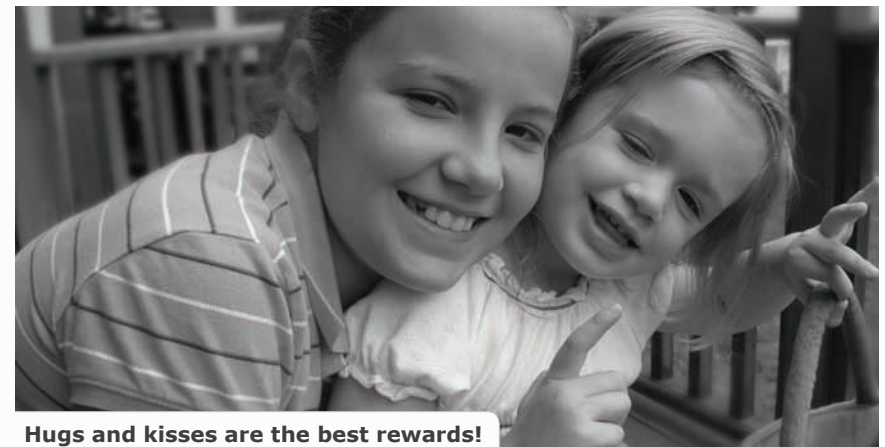
- Walk up steps using alternating feet
- Use the potty
- Put on socks and shoes
- Open doors
- Turn one page at a time
- Play with other children for a few minutes
- Repeat common rhymes and use 3 to 5 word sentences
- Name at least one color correctly

**By around 4 years, your child should:**

- Balance on one foot 4 to 6 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 her first and last name
- Show many emotions

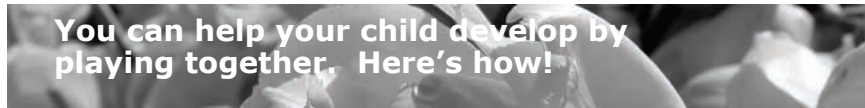
**By around 5 years, your child should:**

- 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
- Name colors
- Understand simple time (yesterday, tomorrow)
- Know full name, street and town



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

### HELP YOUR BABY GROW



#### Birth to 3 months

Respond to your baby's crying with a soothing voice and touch as you try to meet her needs.

Talk to your baby as you look at each other.

Listen closely and imitate the sounds your child makes.

Play with music boxes or hand chimes for him to listen to.

Give her rattles and toys with different textures.

Read to your baby. Talk to your baby.

#### 3 to 6 months

Play "Peek-a-Boo", "This Little Piggy", and other games.

Give your baby a child-safe mirror. Call him by name.

Let her 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/her body during bath time.

#### 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 pant leg."

Look at your baby as she tries to "talk". Repeat the sounds.

#### 9 to 12 months

Give your baby a bucket with toys or blocks. Help him dump them out and put them back in.

Sing and read to your baby. Have books with bright, simple pictures.

Encourage your baby to pull up and walk around furniture. Hold hands as she tries walking.

Put "O" cereal on his high chair and encourage him 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 red ball?"

Offer finger foods or a spoon for self feeding.

Name objects your child is using; "Let's put on your coat." or "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 board books to look at. Talk to her 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." or "You have red socks."

Give your toddler a jumbo-sized crayon to hold and help him scribble on paper or a grocery bag.

#### 2 to 3 years

Give your child toy cars, dolls, and blocks to play with.

Let your child "help" in the daily chores. Your child loves to mimic you at this age.

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.

Give your child books to read and spend time reading with him; point out the letters of his name in books or magazines.

Sing the alphabet song with your child.

Let your child play with friends the same age and teach them to share and take turns.

Let your child play outside, but never alone.

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 her practice cutting scraps of paper.

Read familiar signs and symbols on cereal boxes, in magazines or fast food restaurants.

Listen actively to your child's stories and encourage use of his imagination.

Help your child build language skills by asking her questions: "What do you see?" "What would you like to eat?"

Encourage your child to self-dress 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 he sees.

Help your child write and recognize her name.

Point out different shapes and colors. Count different objects: "How many cars do you see?" "How many blue cars do you see?"

Read familiar signs and symbols on cereal boxes, in magazines, or on street signs.

Help your child make her own book. Staple paper together. Your child can draw pictures. You can write the story as he tells you.



**"I am a teacher –  
the most important one  
my child will ever have."**



### DEVELOPMENTAL WARNING SIGNS

These early warning signs are some common indicators that a 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 name of a few toys and people by age 2

Can't repeat simple rhymes by age 3

Is not talking in understandable sentences by age 4

#### PLAYING... If your child:

Does not play games like "peek-a-boo", "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 his name by age 1

Can't point to her 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/he wants to hear

### MOVING... If your child:

- Can't sit up alone by 10 months
- Does not walk alone 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 her by age 5

### For more information or assistance:

Office of NY State Parent and Kin Hotline.....1-800 345-KIDS  
Growing Up Healthy Hotline .....1-800-522-5006  
Oswego County Health Early Intervention Services .....349-3510  
Parents of Special Children.....598-7672



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



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

### YOUR CHILD'S BRAIN

Your child's brain began to develop while you were pregnant and continues to develop rapidly after birth. But a child's brain needs positive 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 becomes 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 makes your child smarter by exercising the same brain cells she will need 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.

**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 begins 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 her clothes**. Buttons, zippers, and too much clothing can be an obstacle.

**Potty training is for your child**, not for you. He 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 she may not have control over her 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 she is 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 him sleep in a diaper until you notice a dry diaper for several mornings in a row.

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.

**CHILD CARE**



Finding the right childcare 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 childcare easier for your family.

**Finding the best childcare center...**

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

**About child care centers...**

Childcare centers should have a Certificate of Compliance (which will be posted). This means it meets the health and safety requirements of the State of New York. To check on the center's history of compliance, call the Syracuse Regional Office of Children and Family Services at (315) 423-1202. A childcare center can also be accredited which means it has met a higher standard than the state Certificate of Compliance requirements.

**About the family day care home...**

Family childcare homes are registered with the State to provide care in their own home for up to six children. Labor & Industry or local municipalities inspect the homes when application is made for registration and after that random checks are made.

**About the group day care home...**

Group homes are State licensed facilities that provide care for up to 12 children. They are inspected yearly by the State and require that more than one person must be on site if more than six children are present.

**When you visit a Center or Home:**

Go without your child the first time so you can 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.

**Call Child Care and Development Council  
Of Oswego County**

.....343-2344

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 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?
Is the caregiver interacting with the children on their eye level, or are they looking at her knees when 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 - where 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. You can get subsidy information from DSS (315 963-5000)

For additional information on how to select and pay for high quality child care please call:

Child Care and Development Council
Of Oswego County .....343-2344

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 childcare 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 (page 19) and Parent Resources (page 71) of this book.

Prepare Your Child

- Bring your child with you to the new setting before you leave her 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 a 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 family. Help the caregiver see your child through your eyes.
Provide medical information, allergies, special needs, like 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.
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 your child is adjusting.

### Every Day

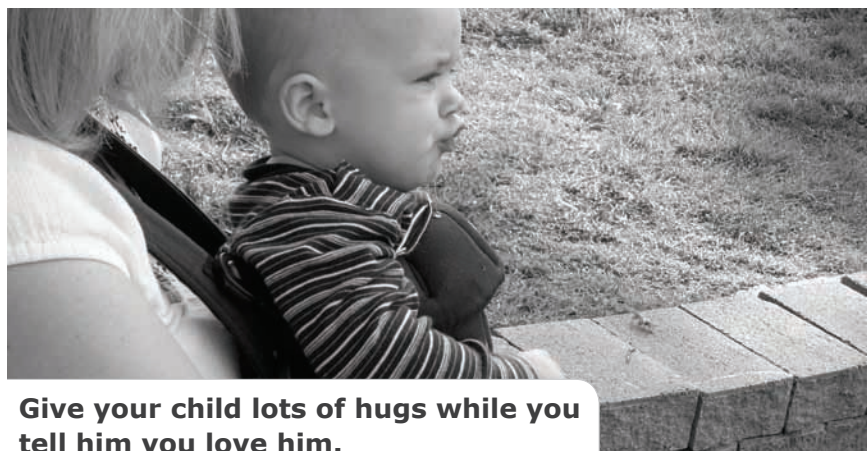
Make sure the caregiver sees and greets your child.

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 her day. You can talk about your day, sing songs 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. A child should be ready physically, socially, mentally, and emotionally, and be eager to learn.

**Each child's success in school depends on the skills she learns by age six.** Infants and toddlers who receive good nutrition, see the 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.** If you're not sure your child will be "ready", call the school your child will be attending to get information. 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 SCHOOL IS TO ENROLL IN A PRE-SCHOOL PROGRAM.**

Child Care and Development Council Of Oswego County can help you find Programs available in your area .....343-2344



### DEVELOPMENTAL SKILLS OF EARLY LITERACY

#### Birth to 6 month old babies:

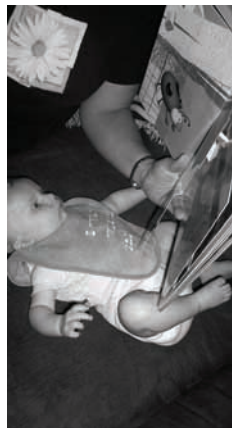
- Put books in mouth
- Listen to rhythms
- Reach for books
- Sit in your lap
- Look at pictures

#### Best Books:

- Stiff, cardboard books
- Soft, firm vinyl books
- Prefer pictures of faces
- Simple, large pictures on a contrasting background

#### Try These:

- Red, Blue, Yellow Shoe** by Hoban
- I Touch** and others by Isadora
- What Do Babies Do?** by Slier
- Tickle, Tickle** by Oxenbury
- White on Black** by Hoban
- Baby's ABC by Sherett
- Spot books(There are many) by Hill



**"READING TOGETHER TWENTY MINUTES A DAY IS THE MOST IMPORTANT GIFT YOU CAN GIVE A CHILD."**

(Rosemary Wells: Read to Your Bunny) .....<http://www.rosemarywells.com/>

#### 6 to 12 month old babies:

- Recognize where sounds come from
- Turn board pages with help
- Vocalize, pat pictures
- Play peek-a-boo
- Indicate "more"

#### Best Books:

- Books with photos of babies
- Small, chunky board books to touch and taste
- Cloth and washable vinyl books that can get wet or covered with food
- Books with pictures of children, food, animals, household items, cars, etc.
- Old magazines or catalogs for tearing pages
- Electronic books with sounds and buttons to push

#### Try These:

- Snoozers** by Boynton
- Big Red Barn** by Brown
- Goodnight Moon** by Brown
- Pat The Bunny** by Kunhardt
- All Fall Down** by Oxenbury
- Max's First Word** by Wells
- What Do Daddies Do?** by Slier



### 12 to 18 month old babies:

- No longer put books in mouth immediately
- Sit without support
- May carry book
- Give books to adults to read
- Hold books with help
- Turn books right side up
- Can turn board pages, several at a time
- Point to pictures with one finger
- May label pictures with sounds
- Points when asked "Where's...?"

### Best Books:

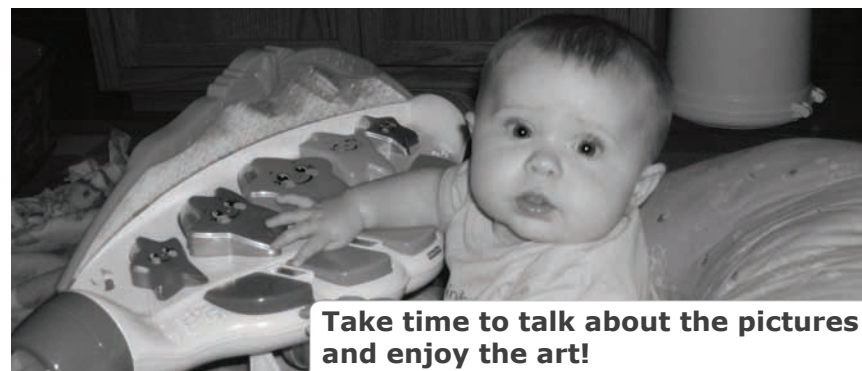
- Board books with more content
- Photographs of familiar objects
- Interactive books with sounds or things to touch
- Books with colorful, simple pictures
- Words that rhyme or repeat phrases
- Wordless picture books that allow for telling own story
- Books with paper pages
- Simple stories with few words and large pictures

### Try These:

- Have You Seen My Duckling?** by Tafuri
- Good Night Gorilla** by Rathmann
- Rosie's Walk** by Hutchins
- Ten, Nine, Eight** by Bang
- Freight Train** by Crews



**Turn OFF the TV and TURN ON a good time for you and your child. Read books you enjoy!**



**Take time to talk about the pictures and enjoy the art!**

### 18 to 24 month old babies:

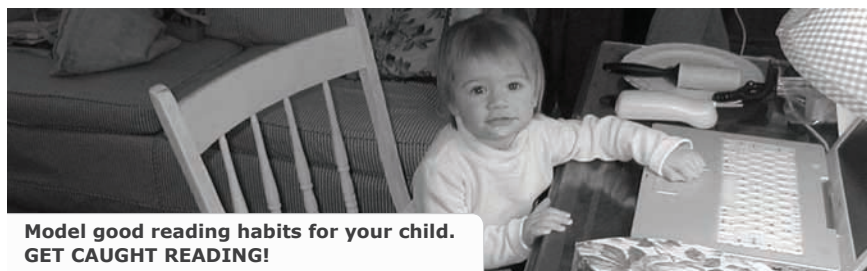
- Turn board pages one at a time
- Carry books around the house
- Fill in missing words in familiar stories
- Name familiar pictures
- Recite parts of well known stories
- Pretend "read" to dolls or stuffed animals

### Best Books:

- More books with paper pages
- Books with repetitive phrases and words that rhyme
- First poetry books
- Colorful, realistic pictures
- Wordless books to encourage storytelling
- Simple story books

### Try These:

- Brown Bear, Brown Bear** by Martin
- Chicka Chicka Boom Boom** by Martin
- Corduroy** by Freeman
- Lilly's Purple Plastic Purse** by Kenkes
- Little Critter books** by Mayer
- Fix-It** by McPhail
- Good Dog, Carl** by Day
- A Child's First Book of Poetry** by Frank



Model good reading habits for your child.  
**GET CAUGHT READING!**

### 24 to 36 month old children:

- Can turn paper pages
- Look for favorite pictures
- Match text with pictures
- Imitate adults
- Like to hum or sing
- Can match pictures that are the same
- Copy sounds, words and motions
- Know "big" and "little"
- Understand the number "2"
- Protest when an adult gets a word wrong in a familiar story
- Pretend to read familiar books to self
- Laugh at silly mistakes (calling feet-hair, cat-elephant)
- Enjoy hearing books read over and over
- Recite whole phrases, or whole stories

### Best Books:

- Simple stories about how things work
- Books about things in your child's world like bedtime stories, potty book, fear of the dark, animals, etc.
- Pictures with lots of detail. Children will spend time looking at pictures for things they know or asking questions about what they see.
- Items other than books may be shared at this time (magazines, catalogs, letters, signs, and food packages like cereal boxes).
- Now is a great time to visit the library. Your local library has story time for children and offers many great books to borrow for FREE. A great way to keep reading fun for you and your child.

### Try These:

- One Fish, Two Fish, Red Fish, Blue Fish** by Seuss
- The Cat in the Hat** and others by Seuss
- Are You My Mother?** by Eastman
- Richard Scarry's Best World Book Ever**
- The Very Hungry Caterpillar** by Carle
- Go Away, Big Green Monster** by Emberly
- If You Give a Mouse a Cookie** and others by Numeroff

**"THE PLEASURE OF READING IS  
DOUBLED WHEN ONE LIVES WITH ANOTHER  
WHO SHARES THE SAME BOOKS."  
KATHERINE MANSFIELD**

### 3 to 4 year old children:

- Turn paper pages one at a time, beginning at front of book
- Name some colors
- Understand opposites
- Use plurals ("cars", "dogs", "cats")
- Listen to longer stories
- Repeat simple rhymes
- Can re-tell familiar stories
- Understand what text is
- Move toward letter recognition
- Can tell what things go together
- Can count from 1 to 10
- Can see that things are "missing" from a picture

### Best Books:

- Stories that rhyme
- Longer picture books
- Books with a simple sentence on each page
- Concept books about color, number, shape, size, alphabet, opposites, months, days
- Song books with words they know like Five Little Monkeys, Old MacDonald, and The Wheels on the Bus

### Try These:

**Alexander and the Terrible, Horrible, No Good, Very Bad Day** by Viorst

**Animals Should Definitely Not Wear Clothing**  
by Barrett

**Babushka's Doll and others** by Polacco

**Annie and the Wild Animals** and others by Brett

**The Little Engine that Could** by Piper

**Little Bear Stories** by Minarik

**Goldilocks and the Three Bears**

**Eloise** by Thompson

**The Ant and the Elephant** and others by Peet

**"THERE IS MORE TREASURE IN BOOKS THAN  
IN ALL THE PIRATE'S LOOT ON  
TREASURE ISLAND."**

**WALT DISNEY**



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

### 4 year old children:

Enjoy rhyming and nonsense words

Use "a", "an" and "the" in conversation

Use past tenses of words ending in "ed" ("played", "walked", "jumped")

Ask "why" and "how" questions

Understand "next to"

Act out details when telling stories

Ask direct questions ("who", "when", "what")

Enjoy hidden pictures and guessing games

Recognize familiar letters in name

Use scribble writing and write some letters

### Best Books:

More stories with rhyme

Books that play with words

Humorous poetry by Shel Silverstein, Jack Prelutsky, etc.

Stories about day care, going to school, visiting the dentist, etc.

Non-fiction books on their favorite animals, magic tricks, sports, holidays, crafts, etc.

### Try These:

**The Doorbell Rang** by Hutchins

**Cloudy With a Chance of Meatballs** by Barrett

**Stone Soup** by Brown

**Madeline** by Bremelms

**Make Way for Ducklings** by McClosky

**Curious George** Stories by Rey

**I Spy** Books by Marzolo

**"WHEN I GOT MY LIBRARY CARD,  
THAT WAS WHEN MY LIFE BEGAN."**

**RITA MAE BROWN**

### 5 year old children:

- Listen to longer stories or early chapter books
- Can name favorite books and/or authors
- Can put a story in order of what happened first, then second and last(sequencing)
- Recognize punctuation marks
- Know the difference between capital and lower case letters
- Play with words in rhyme, opposites or new words
- Know what pages say by looking at the pictures
- Pretend to read books to other family members
- Relate events in story to their own life
- Tell stories on their own
- Move finger along with the words being read
- “Write” their name
- Can guess (predict) what will happen “next”

### Best Books:

- Word Books
- Tall Tales
- Fairy Tales and Folk Tales
- Books with repeated text
- Longer picture books or early chapter books
- Books with simple text and familiar words
- Easy to read books from early years. This is a great time to bring out those early board books as “old friends”.

### Try These:

- Owen** by Kevin Henkes
- Ramona the Pest** and other Ramona Quimby stories by Beverly Cleary
- Paul Bunyan and other tall tales
- 500 Words to Grow On**
- James and the Giant Peach** by Roald Dahl
- Amelia Bedelia Stories by Parish

### A good website for more ideas:

<http://www.rif.org/parents/resources/>



### READ ALOUD TIPS:

#### **Find a time for reading that works for your family.**

Before bed or meals or while doing chores works for many.

**Begin at the beginning:** the cover. Talk about the title. Point out who the author and the illustrator are. Ask questions like, “What do you think that story will be about?”

**Read with character.** Play with voices to make the story more interesting (raise or lower pitch, volume or add accents).

**Ask questions as you go** like, “What do you think will happen next?”, “What is the character thinking?”, or “What could he do now?”

**In predictable stories, allow the child to finish the rest of the sentence or poem.** Have them guess the rhyming words.

**Each child listens differently.** Some can sit still, others cannot. Offering something to handle or play with can help some children concentrate better.

**Provide stories of other cultures and people.** Look for men and women in non-traditional roles like a woman construction worker or a male nurse. Offer tales of other races and times.

#### **Reading together can lighten up the angriest times.**

When you are at your wits end and you feel you cannot take one more delay, argument, etc., pull out your book and read out loud. Once you get into the story, you will forget you were mad. You will enter the story and leave the past! This works especially well with humorous stories.

**It should be easy for a child to find a book.** Provide a variety of appropriate books where a child will see them and can reach them easily.

**Infants and Toddlers – Follow child’s lead.** Child may flip several pages or stay on same page. Describe what child sees; label pictures.

**GOOD NUTRITION MAKES A DIFFERENCE**

**KEEPING YOUR BABY HEALTHY  
MEANS PROVIDING GOOD FOOD TO EAT.  
HERE ARE SOME GUIDELINES TO FOLLOW:**

**Breast 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, talk to your baby’s doctor about what formula is best for your baby.

**Babies should be fed solids, including infant cereal, from a spoon.** Most babies are not ready to spoon feed until about 4 months. Talk to your baby’s doctor before starting any solid foods.

**When buying baby foods,** plain fruits, vegetables and meats are better than fruit desserts and mixed dinners.

**Babies should never be given juice before 6 months.**

Any drinks made with sugar such as Kool-aid or soda are never healthy for babies.

**To begin the weaning process,** you may start decreasing the amount of formula your baby drinks to 24 – 30 ounces a day. Infants drinking formula may begin weaning from a bottle at 9 months old and finish by 14 months.

**Before making any changes to your baby’s diet,** talk to your doctor about what choices are best.



**WHY BREASTFEED?**

For 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) to mother
- 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 (Sudden Infant Death Syndrome)
- Decreased risk of juvenile diabetes, leukemia, Crohn’s Disease and childhood Lymphoma

**For Mom...**

- Breastfeeding promotes a special closeness to baby
- 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 less chance you have of getting osteoporosis
- Doing laundry is easier – breast milk doesn’t stain
- Less chance of getting breast and/or ovarian cancers

**Breastfeeding Information and Support**

- Oswego Hospital at .....349-5572  
(or your local hospital)
- Breastfeeding Networking Support Group WIC at .....343-1311
- PCAP (Prenatal Care Assistance Program) .....349-5800
- American Academy of Pediatrics recommendation.

**IF YOU BOTTLE FEED...**

You can use a bottle to feed your baby breast milk or the formula your doctor recommends. **All your baby needs for the first 4 - 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 give a bottle.** Your baby needs to feel close to you.

**Propping a bottle could cause choking.**

**Putting your baby to bed with a bottle leads to ear infections and tooth decay.**

**Discourage your child from carrying a 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 begin weaning to a cup between 9 -12 months of age.** 14 months is a good time to finish the weaning process. Start by decreasing the amount of formula your baby drinks to no more than 24 -30 ounces a day.

**Carry powdered baby formula.** Put clean water in bottles and mix just before feeding. Breast milk and formula will spoil if they sit.

**Always throw away any unused formula or breast milk left over in a bottle.** Food safety and storage is very important to your child’s good health.

**“MY BABY DEPENDS ON ME FOR LOVE AND COMFORT.”**



**STARTING SOLIDS**

After your baby is 6 months it may be time for solid foods. Ask your doctor when he recommends solid food. The following chart shows when foods are usually introduced during the first year:

<b>First Year Diet</b>	
<b>Birth To 1 Year</b>	breast milk or formula
<b>6 Months</b>	infant cereal from spoon, begin with rice cereal
<b>6 to 7 Months</b>	strained vegetables and fruits – offer vegetables (one at a time) before fruits to avoid developing a ‘sweet tooth’
<b>At 8 Months</b>	strained, mashed or ground meats, mashed cooked vegetables and fruits, egg yolks
<b>At 9 Months</b>	finger foods that melt in the mouth (graham crackers, infant cookies) cooked vegetables, peeled, soft fruits, small tender pieces of meat, pieces of cheese
<b>At 10 Months</b>	finely chopped table food, beans, bread, cheese, noodles
<b>At 1 Year</b>	whole milk, whole egg, weaning off bottle (off completely by 14 months), plain yogurt, cottage cheese

**Guidelines for Children**

Children should be encouraged to eat whole fruits instead of drinking juice.

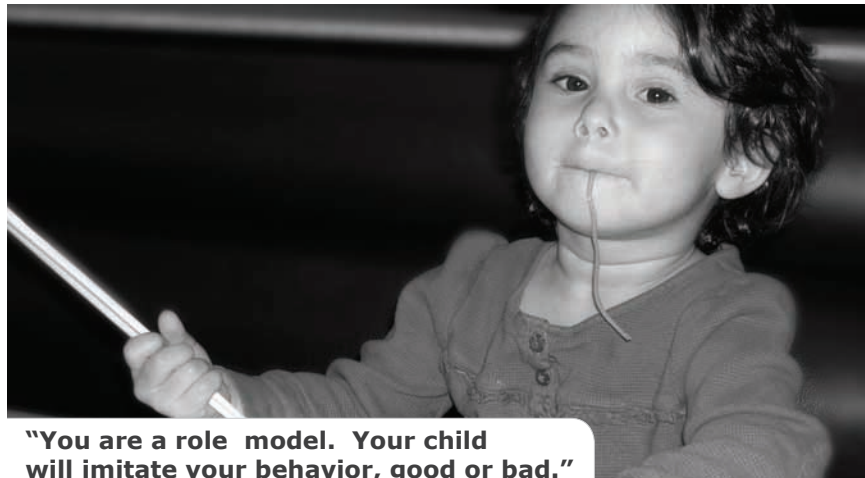
Offer nutritious meals 3 times a day as well as healthy snacks. Don't let your child drink too much milk or juice. 4 ounces of juice and 16 ounces of milk each day is enough. Offer picky eaters milk or juice after meals.

Variety is the key to good nutrition. Don't be afraid to try new foods and remember: your child may like foods that you don't care for.

All children need repeated exposure to a new food before they are comfortable eating it.

Give your child healthy snacks like fruits and vegetables, not candy, soda, Kool-aid and chips that offer no nutrition and too many calories.

Growth slows quite a bit in the second year of life. You may feel that your child is not eating enough. You may call your local WIC office for nutritional counseling and weight checks, as well as your child's doctor.



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

Call the W.I.C. (Women, Infants and Children) Program at .....343-1311 for more nutritional information.

**AVOID!**

As much as we would all 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 at least one year 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 your child can chew and grind hard foods.

**Avoid hot dogs and whole grapes** or cut them up into small, wedge shaped pieces so that your child won't choke on them.

**Do not add sugar, salt, or strong spices** to your baby's/child'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, Kool-aid, tea, coffee or other caffeinated or artificially sweetened foods.**

Do not give your baby **cow's milk** until he is one year old.

**Citrus Fruits, Strawberries, Corn, egg whites, and wheat** are all foods that can cause allergies and should be avoided until your baby is one year old.

Avoid **nuts, peanuts and peanut butter.** These can cause allergies before age 2 -3 years.



### “KEEP ME SAFE”

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

#### The Seven Greatest Dangers To Your Baby

- Drowning
- Motor Vehicle Crashes
- 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 your baby starts to pull up on furniture.

**Keep anything your baby could choke on out of reach.** If the object is smaller than a fist, your baby could choke on it.

**Keep anything that could poison your baby out of reach.** This includes medicines, cleaning products, perfume, mouthwash, many houseplants, and 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 not more than 2 and 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.

**Keep areas around woodstoves and fireplaces safe.** Babies and children should never be too close.

**Nothing can  
replace supervision,  
AND NOTHING CAN  
REPLACE YOUR CHILD!**

**PUT THE POISON CENTER NUMBER  
BY EVERY PHONE: 1-800-222-1222**

#### 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** that is properly installed in the back seat of the car.

**Never hold your baby on your lap.** New York State law requires children under eight to be in a proper car restraint (car seat or booster seat after four years).

Remember to have your infant “face the rear until one year” and the baby reaches 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.

Children under 8 years of age are required by New York State law to be in a booster seat.

**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 the 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. It only takes minutes for the baby to die.

Call Oswego County Traffic Safety Board for more information and assistance with child passenger safety .....343-2344



### 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. A baby may cry, but this is because the skin 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 during the bath. Make it a special time! Bathe your baby at least every other day after the umbilical cord has fallen off. On the days between baths, **make sure to clean behind the ears and neck and under the 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 the eyes and face.

Use a washcloth to wet the baby's 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 there is no reason to 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 alone, you can use the "big" tub. Water to cover the 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 the head where cradle cap often forms.

**Prevent cradle cap by shampooing hair daily** and use a soft brush or old toothbrush or your fingernails to gently scrub the scalp.

**Consult with your baby's doctor if baby shampoo is not helping.** You may be told to use a special shampoo.



**"I LOVE MY BABY FOR WHO HE IS,  
NOT WHAT I WANT HIM TO BE."**

### 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( Motrin, Advil, etc.)
- Thermometer – digital or ear
- Check with the doctor before using cold medicines.

### GET TO KNOW YOUR BABY'S HEALTH CARE PROFESSIONAL

#### Call the Doctor if Your Baby...

- Has a rectal temperature of 100.4 in a baby less than 8 weeks of age
- Is not eating normally(the way your baby 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 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 the head.
- Is difficult to console(make the baby feel better)



### "I FEEL HOT!"

Take your baby's temperature only if you think your baby 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.

#### Under the Arm:

##### Any age

- Use a digital thermometer
- Gently place the thermometer under the arm
- Hold the thermometer in place until it "beeps"
- Normal underarm temperature is 97.6°
- 99° is a fever for an infant under 8 weeks of age– call your baby's health care provider

#### Orally:

- Do not use until your child is **4 years of age or older**
- Normal oral temperature is 98.6°
- 99.5° is a fever in children over 8 weeks of age

#### 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. **Only use an Ear thermometer in the ear.**



#### Pacifier Thermometer:

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

**THERE ARE MANY KINDS OF THERMOMETERS USED TO TAKE A BABY'S TEMPERATURE. ASK YOUR BABY'S DOCTOR WHAT IS BEST TO USE ON YOUR BABY AND HOW TO DO IT IF YOU ARE NOT SURE.**

### SLEEP

**Sleep is as important to infants and children as food and water.**

Each child needs a different amount of sleep but nine hours is considered the minimum.

**Following a routine and schedule usually helps children develop good sleep habits.** The whole family must support routines and schedules for this to work. Finding the right sleep times is up to the parent. Normally children become fussy when tired. Sometimes children need to go to sleep earlier than parents think. Often a child who is kept up until 8:00 pm may have a hard time going to sleep but would drift off easily if the parent had considered putting the child to bed at 7:00 pm.

**School age children need vigorous play times during the day.** This is good for their development and maintaining a good weight. This is also critical to good sleep. Quietening down an hour before bedtime with a soothing bath and reading time eases the child from the hectic day to sleep.

Some children wake up during the night for many years, which exhausts many parents. Remember that the child is not waking to disturb the household, they have just never learned to transition on their own. They are following their natural sleep patterns. Responding quietly and calmly will soothe the child. Letting your child cry for longer periods of time before returning to the room for a reassuring pat on the back will best enable him to fall asleep without your help.

**Older children still need nine or more hours of sleep.** Considering when some children must leave for school, early bedtimes are crucial. Work out a comfortable schedule with your child to make it easier to succeed in school.

**Remember to put babies on their back in an empty crib for safety.** Dress them warmly enough to not need blankets.



### THE FAMILY BED

**The safest place for a baby to sleep is in its own crib.**

If a family does decide to take a child who is awake to bed with them, this may become a nightly event. Keep extra blankets and soft pillows out of the bed. These could cause a child to stop breathing.

Put **baby on its 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

Parent'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**



### SHOTS PREVENT DISEASE

These serious, deadly diseases can be prevented by immunizations (shots). Check with your child's physician if you have any questions and for possible risks.

**VARICELLA (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** – develops in the throat and spreads through the body causing heart failure, paralysis or death. (DPT Vaccine)

**HEMOPHILUS INFLUENZA TYPE B** – can cause meningitis which leads to brain damage and even death (HIB Vaccine)

**HEPATITIS A** (HepA) an acute, usually self-limiting infection of the liver caused by hepatitis A virus (HAV). The virus has a worldwide distribution and causes about 1.5 million cases of clinical hepatitis each year.

**HEPATITIS B** – is a disease of the liver. Victims suffer serious health problems such as scarring of the liver or liver cancer. (HepB Vaccine)

**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 makes it hard to eat, drink, or breathe. It can lead to pneumonia, seizures, brain damage and death. (DPT Vaccine)

**POLIO** – can paralyze and even kills its victims. Some of the people who 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)

**STREPTOCOCCUS PNEOMONIAE** – causes infections, pneumonia and ear infections. (Pneumococcal Vaccine)

**TETANUS** – spreads a poison through the body causing painful muscle spasms powerful enough to break bones. (DPT Vaccine)

**ROTAVIRUS** - Almost all kids have had a rotavirus infection by the time they're 5 years old. Rotavirus is one of the most common causes of diarrhea, and severe infection (rotavirus gastroenteritis) is the leading cause of severe, dehydrating diarrhea in infants and young children.

**INFLUENZA** - (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

### 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 he sleep? What does he eat? How many diapers does he wet each day?

Your baby will be weighed and measured at each visit to make sure she is growing properly.

His vision, hearing and reflexes will be tested and his eyes, ears, nose, mouth, genitalia, lungs and abdomen will be checked.

Ask your doctor if lead testing is necessary.



**Plan these visits to the doctor:**

It is very important that you get your baby’s immunizations on time. Many times well-baby checkups and immunizations can be done at the same time. Keep your baby healthy. Take your baby to your health care provider for immunizations and checkups or when he is...

IMMUNIZATION (shot) & CHECKUP SCHEDULE	
2 Weeks	15 Months
2 Months	18 Months
4 Months	2 Years
6 Months	3 Years
9 Months	4 Years
12 Months	5 Years

**Immunizations (shots) are highlighted.**

It is important to keep your child’s shot record up to date and in a safe place to register for preschools and kindergarten. A record is available from your doctor’s office or you can use the form at the end of this booklet.

**No health insurance?**

If your child doesn’t have health insurance, call **Child Health Plus** at .....1-866-432-5849. Additionally, **Fidelis Care** at .....1-888-343-3547

the Children’s Health Insurance Program may be able to provide coverage to your child/children at low or no cost if your family meets certain income requirements.



**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!

**As soon as teeth come in, clean your baby’s gums and teeth** with a moist gauze pad or thin wash cloth after eating or drinking.

**Ask your pediatrician (Baby’s doctor) about using fluoride when your baby is 6 months old** if you live in an area that does not add fluoride to the water or if you have a well.

**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.

**If brushing is not possible after every meal and snack, offer a drink of water.**

**Children need help brushing properly** until they are old enough to use their hands to do small jobs.

**Floss your child’s teeth once a day**

**Take your child to the dentist ever 6 months.** Ask your dentist when to begin.

**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 mouth guard.



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

### BITING

About 1 in 10 children under three years old begins biting. Try to figure out what happened right before the biting and do your best to stop it right away when it happens again. It is not “cute” or “funny”. Kids bite for different reasons – here are a few thoughts of why it happens:

**Experimenting Biter:** These children bite mom’s breast or a shoulder, possibly because of teeth pain or a desire to experiment with how things feel. A clear, firm message of “no biting” and bringing their attention to things they can bite is enough to make it stop.

**Frustrated Biter:** These children react to frustration or the need for attention by doing something they know is wrong; in this case, biting. Find ways to show them they are good and make sure they understand they are hurting others when they do this; leave the room if you need to so that the biter does not bite you.

**Control Biter:** These children bite to protect themselves 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 love and attention, 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.**

### Hungry Biter

Never reward the biter means telling the biter “no biting” and then turning away from the biter making no eye contact. Immediately give attention to the victim, even if the victim was not hurt seriously. Give a treat, talk to the victim to show you know how it feels, hug the victim and then read a story to the victim. After a few minutes, return to the biter and calmly show that your love is the same but make it clear we do not bite.

Do not insist that the biter tell the victim “I’m sorry.” The child does not understand the word “sorry” until age 4 or 5. The biter will be upset about the lack of attention.

When changing a behavior, remember to reward good behavior. “Catch them being good”. Don’t wait until the wrong behavior begins.

### 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**(play that has rules and goals); 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.** This kind of play has different things happen whenever it’s played. 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. Place baby on its tummy as often as possible.

**Play with your baby,** gently moving its arms and legs to exercise muscles.



**LEAD POISONING**

**Lead poisoning can cause learning and behavioral problems,** high blood pressure, kidney damage, and even death. Your baby will have a lead test by the doctor by age one. A test is done at one and two years. **If your home was built before 1970, have it checked for lead based paint.** 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 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 for more information:**

The Oswego County Health Department: .....349-3547  
New York State Department of Health .....1-800-522-5006

**KICK THE SMOKING HABIT**

**If 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 is more likely to die from Sudden Infant Death Syndrome (S.I.D.S.).** S.I.D.S. means a baby who seems healthy dies without any warning.

**A WORD ABOUT SECONDHAND SMOKE-  
DO NOT ALLOW ANYONE  
TO SMOKE AROUND YOUR BABY IN THE HOME,  
UNDER CARE OR EVEN OUTSIDE.**

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**

**NYS Smoker's Quitline** .....1-866-NY QUILTS .....1-866-697-8487  
**Oswego County Health Department** .....315-349-3547  
**American Cancer Society** .....1-866-228-4327  
**American Lung Association** .....518-465-2013



**WHEN YOUR BABY CRIES**

**A baby cries for many different reasons. No baby is trying to annoy you. It's just a baby's way of letting you know what it needs.** There are a number of ways to calm a crying baby. Start with one soothing action at a time. If what you tried is not working, try something different. **You can't spoil a baby.** Here are some ways to calm your baby:

Why Your Baby Cries	What You Can Do
<b>Hunger</b>	Your baby is eating every hour if you are breastfeeding and every 2 hours if you are giving formula. Even if it seems like you just fed the baby, it may be hungry again.
<b>Gas Pain</b>	Burp the baby. A baby suffering from gas sometimes needs help relieving the pressure. You can even lay the baby on its back and gently ease the legs up as if riding a bicycle.
<b>Constipation</b>	Use the bicycle technique or place the baby over your shoulder and push the feet up so the baby is in a squatting position.
<b>Diaper is wet or soiled</b>	You should be changing your baby's diaper between 6 and 8 times per day. A crying baby may have diaper rash.
<b>Too hot or too cold</b>	Make sure clothes are right for the weather and climate. Dress your baby like yourself. If you feel a need for a sweater, the baby does too.
<b>Sleepy</b>	Rock your baby. Rocking is rhythmic and helps calm him enough to get to sleep.
<b>Bored</b>	Change the environment. Take the baby for a walk. If you're inside, go out.

<b>Over-Stimulated</b> (too much handling, too many people)	Play soft music. If the music is loud, or too fast, turn it off. Put the baby in an infant swing, carrier or crib to give the baby some quiet time alone.
<b>Needs Attention</b>	Cuddle your baby. Talk and sing the baby. It may just be a need to feel your touch or hear your soothing voice.



Young infants can feel a lack of control over their environment. Try wrapping your baby in a blanket so its legs and arms are firmly held close to its body. Then hold the baby gently and rock briefly.

Infants and young children can feel the world is too big and scary for them. Reducing the space they occupy can calm them. This is why putting them in a stroller, fastening the safety belt, and walking them can be calming.

It is okay for children to cry and some cry more than others. Being there and offering comfort is very important to their emotional development.

# 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**

**When parents set limits consistently and calmly, children learn to set limits for themselves.** When parents live a life of appropriate limits, children learn the comfort of safety and knowing what to expect.

**Setting limits begins with scheduled days and nights.** Eating and sleeping patterns develop more quickly. Children of all ages do best on knowing what is going to happen next.

**Letting children know in advance what behavior is expected,** reduces the need for correction and punishment. If the child always sits in the grocery cart there will be fewer arguments. If the child wears a seat belt every ride, (as does the parent) this becomes the standard way to ride in a car.

**Knowing how long a fun activity will last reduces the argument when it is time to go.** Setting this pattern at age 3 can pay off at age 16 when there are curfews.

Setting standards for manners, language, respect for other, and the family values are all based on setting the limit. "This is what is expected of you in this family." Parents must decide what those limits and standards are.

**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 she's doing the right thing. Be consistent with praise and rewards, too. A hug goes a long way!

**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, non-threatening area other than your child's room.

Give the child one warning and tell him the next time he will be sent to Time Out.

If the behavior continues, take the child to the Time Out area.

Tell her again exactly why she is being sent to Time Out.

Ignore all promises, arguments, and bargains. While child is in time out do not talk to him or look at him. "Time out" is "time out from getting any attention."

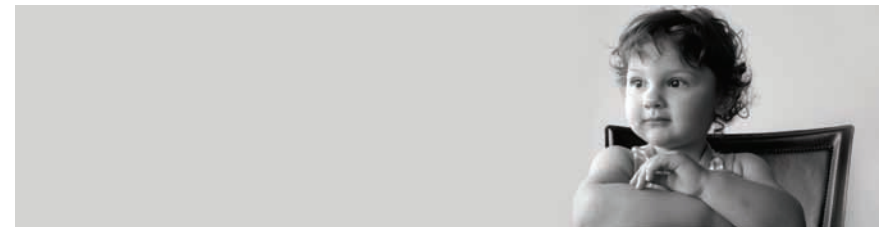
Use a timer to keep track of how long she will be in Time Out.

Do not start the timer until she 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 her for sitting in Time Out quietly.



**OTHER ALTERNATIVES**

Cooling off period for parent and child. Use "Time In". Remove the child from a situation, explain why the behavior was inappropriate and redirect the child to "try again" appropriately (the right way).



**FATHERS ARE IMPORTANT, TOO!**

Often we concentrate on mothers and how important they are to baby's health and growth, but fathers and other significant male figures in the household 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 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



While it is required that your child be vaccinated with ALL primary shots before entering kindergarten, your doctor will determine the exact dates of your child’s shots. This chart is designed as a guide to help and encourage you to keep your child’s well-child visits and shots up to date. Ask your doctor for their copy of the shot record for your child and keep it in a safe place for a pre-school and kindergarten registration.



Child's Name _____		Date of birth _____						
		Birth	2 months	4 months	6 months	12-15 months	18-24 months	4-6 years
<b>Hepatitis A</b>						1st dose	2nd dose	
<b>Date Received</b>								
<b>Hepatitis B</b>		1st dose	2nd dose		3rd dose			
<b>Date Received</b>								
<b>DPT Diphtheria, Pertussis, Tetanus</b>			1st dose	2nd dose	3rd dose	4th dose		5th dose
<b>Date Received</b>								
<b>H.Influenza Type B- (Hib) Hemophilus</b>			1st dose	2nd dose	3rd dose	4th dose		
<b>Date Received</b>								
<b>Polio</b>			1st dose	2nd dose	3rd dose			4th dose
<b>Date Received</b>								
<b>Pneumococcal Conjugate (PCV7)</b>			1st dose	2nd dose	3rd dose		4th dose	
<b>Date Received</b>								
<b>MMR/Varicella Measles, Mumps, Rubella/ Chickenpox</b>						1st dose		2nd dose
<b>Date Received</b>								
<b>Rotovirus</b>			1st dose	2nd dose	3rd dose			
<b>Date Received</b>								
<b>Influenza</b>					yearly	yearly	yearly	yearly
<b>Date Received</b>								

## Words...

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

### Want some hints?

**Try again!**

**Good job!**

(Example – You did a great job listening.)

**I'm proud of you!**

(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!**

**I knew you could do it!**

(Example – I knew you could tie your shoe.)

**You are special to me!**

**You really tried hard today!**

(Example – You really tried hard to listen today.)

**I love you!**



## Notes

### For additional information please contact:

**United Way of Greater Oswego County**

1 South 1st Street

Fulton, NY 13069

315-593-1900 or fax 315-598-3375



## Important Numbers

### MY IMPORTANT NUMBERS

Baby's Doctor \_\_\_\_\_  
Pharmacy \_\_\_\_\_  
My Doctor \_\_\_\_\_  
My Fire Department \_\_\_\_\_  
Poison Control 1-800-222-1222

### In case of Emergency Notify:

Name \_\_\_\_\_  
Number \_\_\_\_\_  
Relationship \_\_\_\_\_  
Emergency Police/Fire/Ambulance .....911

### MEDICAL

Growing up Healthy Hotline .....1-800-522-5006  
New York Family and Child Health Plus .....1-866-432-5849  
Fidelis Care (Insurance) .....1-888-343-3547  
Medicaid .....963-5000  
PCAP (Prenatal Care Assistance Program) .....349-5800  
CPR Instruction (Infant, Child, Adult) Check with your  
hospital or call the American Red Cross .....343-0967  
Immunizations at Oswego County Health  
Department .....349-3547

### HOSPITALS AND HEALTH CENTERS

Oswego Hospital ..... 349-5511  
Fulton Urgent Care Center ..... 592-3500  
Oswego County Opportunities Health Centers  
and Family Planning Services ..... 598-4790

### ABUSE

Abuse and Assault Hotline .....342-1600  
Department of Social Services .....963-5000  
New York State Child  
abuse and Mistreatment .....1-800-342-3720  
Substance Abuse ..... 1-800-598-0036

## Parent Resources

### Child Care and Developmental Council of Oswego County

Find guidance for questions about child care, development,  
safety and health .....343-2344

**Oswego County Health Department** .....349-3547

### BREASTFEEDING INFORMATION

Oswego Hospital .....349-5572  
Breastfeeding Networking Support Group(W.I.C.) .....343-1311

### PARENTING INFORMATION

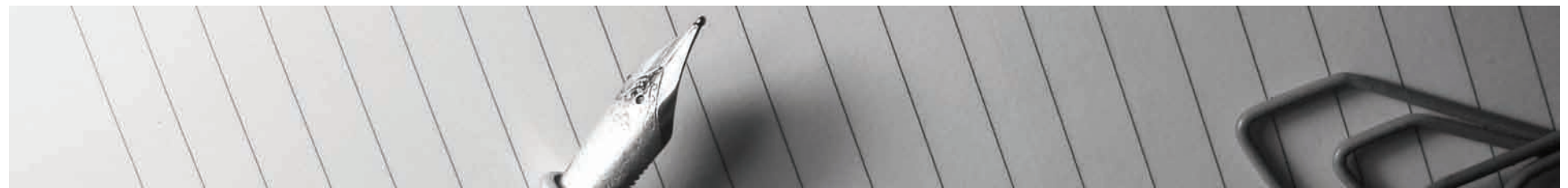
Parents Anonymous .....1-800-984-9923  
OCO .....598-4717  
Catholic Charities .....598-3980  
Child Care Council Integrated Community Planning  
Informational and referral Services for Parents .....343-2344  
Success By 6 of United Way of Greater  
Oswego County .....593-1900

### SPECIAL NEEDS

Parents of Special Children .....598-7672  
Early Childhood Direction Center 443-4444 or 1-800-962-5488  
Oswego County Early Intervention (ages 0-3) .....349-3500

### WEBSITES (Internet access is available at your local library.)

**www.kidshealth.org** .....Children's Illnesses and Health  
**www.ncpc.org** .....National Crime Prevention Council  
**www.bornlearning.org** .....Everyday life is a learning experience  
**www.mindinthemaking.org** .....National initiative on learning  
**www.naeyc.org** ..... National Association for the  
Education of Young Children  
**http://www.rif.org/kids/** .....Reading is Fundamental activities for kids  
**http://www.syr.edu/** .....Early Childhood Direction Center  
**http://www.readingrockets.org/** .....Ideas for families to  
encourage reading  
**www.zerotothree.org** .....Developmental milestones, brain  
development and choosing quality childcare





United Way



The Early Childhood Initiative of the United Way  
Of Greater Oswego County