

Grow With Me

Your Guide to the First Six Years

Baby's Name

Date of Birth

Place Baby's
Photo Here!



Your Newborn

Baby's Name

Date/Time of Birth

Place of Birth

Parents

Baby's Brothers and Sisters

Length

Weight

Eye Color

Hair Color



GROW WITH ME

Your Guide to the First Six Years

PLEASE NOTE:

In order to avoid the sometimes awkward he/she referencing of a child or a baby, the authors have chosen simply to alternate the pronoun gender reference throughout the text.

Dear Parent,

Congratulations on the birth of your new baby!

From the moment of conception your child begins an amazing and constant journey of growing and developing. These moments of body and brain growth are surpassed by no other in your child's lifetime. In fact, research has shown that **your child's brain** develops more rapidly before the age of one than at any other point in his life, with 80 percent of your child's brain developed by age three.

A home that is nurturing and rich in love and support not only lays the foundation for future learning, but it serves as the building block that will help your child reach his full potential. By **reading, singing, and telling stories** to your child, you are doing far more than building on his language skills. You are helping him to develop healthy emotional and social skills that he will use his entire life. Remember, there will be many teachers in your child's lifetime, but none will be as important as you.

Grow With Me is designed as both a place for you to store precious **memories** of your baby's childhood, as well as provide information on developmental **milestones and activities** to support your child's development. Every child is unique and will develop differently. These are some helpful guidelines for you to follow as your child grows. If you have questions or concerns about supporting your child's development or parenting, please call your medical provider and/or one of the organizations listed in this booklet. When it comes to infants, toddlers, and young children, every question is a good one.

United Way of the Lakeshore
Muskegon County Parenting Collaborative
Great Parents, Great Start – Muskegon
Muskegon Area Intermediate School District

Remember...

Your baby needs...

- ▲ To be cuddled, snuggled, and patted.
- ▲ To see smiling faces.
- ▲ To be fed and burped gently after feeding.
- ▲ To be dry and warm.
- ▲ To hear her parents speak softly.
- ▲ To look into his eyes.
- ▲ To hear you sing to her.
- ▲ To be held closely.
- ▲ To sleep.
- ▲ To have his head held up for him.
- ▲ To experience love, kindness, and sweetness.
- ▲ To feel your gentle touch.

The SIDS Foundation reports that there are several ways to reduce Sudden Infant Death Syndrome, also known as SIDS or crib death:

- Face up to wake up™ means that healthy babies sleep safest on their back. Always put your baby to sleep on his back.
- Place baby in a crib meeting Consumer Product Safety Commission crib safety standards; do not place pillows, quilts, bumpers, toys or anything else in the crib – they are a suffocation hazard.
- Do not smoke during pregnancy and do not let others smoke near your baby.
- Avoid overheating. Your baby should be lightly clothed for sleep, and the bedroom temperature should be kept comfortable for a lightly clothed adult. If your baby feels hot to the touch, is sweating, has damp hair, or a heat rash, he or she may be too hot. A baby that has a fever, is breathing fast, or is not able to rest, may also be too hot.
- Supervised tummy time while baby is awake during play is important to baby's healthy development. To learn more visit www.sids-network.org/risk.htm or call 1-888-8CJ-SIDS.

Baby's Medical Provider _____

Office Phone _____

After-hours Phone _____

In case of emergency call 911



● **In baby's first 3 months of life, he will be hungry often.** (He won't sleep through the night.) If baby does sleep through the night during these first 3 months, you'll want to wake him every 4 or 5 hours to eat. When baby is eating enough to meet his needs, he will have 6-8 wet diapers per day.

● **If you need assistance with either breast-feeding support or nutritious foods for your child, WIC may be able to help.** Call 231-724-1281 or 800-26-BIRTH. For assistance with breast feeding concerns, Hackley Hospital Family Birth Place (231-728-4930) and Mercy General Health Partners Special Delivery Birth Center (231-777-6291) offer lactation consultants.

● **Always put your baby in a car seat when riding in the car, no matter how short a distance you are going.** It is safer for your baby, and it is the law. Pay special attention to the instructions which tell you how to install the seat properly. Remember that all car seats should be installed in the back seat. Call Muskegon Safe Kids at 231-739-4910 to find out where you can have your car seat inspected.

● **Your baby's birth certificate is an important document.** If your baby is born in a hospital, you will be given a birth certificate application. Take the completed form with a legal form of identification, such as your driver's license or signed social security card, to the Muskegon County Clerk's Office located downtown in the Michael E. Kobza Hall of Justice at 990 Terrace

Street. There is a fee for the birth certificate which must be paid at that time. Only the baby's mother, father (if listed on the birth certificate application), or grandparents may pick up the birth certificate. If you have any questions, call the Muskegon County Clerk's Office at 231-724-6538.

● **The other important document your baby will need is a social security card.** In many hospitals you will be offered the opportunity to apply for a social security card when your baby is born. If you apply while still in the hospital, it will take approximately 6 weeks to receive the card. If your hospital doesn't offer that service or you choose not to wait, you can apply for the card yourself at your local Social Security Administration office. You will need your child's birth certificate and one other item of identification including his hospital arm band, hospital crib card, or a copy of his hospital record. If you apply for the social security card in person, you can expect to receive it in 7-10 days. Both the birth certificate and social security card are important documents you will need throughout your child's life and should be kept in a safe place.

● **You may need assistance in finding child care for your baby.** Children's Resource Network/4C offers information and referral for local providers. Call 231-728-7152 for more information. Many local public school districts also offer child care.



A photograph of two babies lying in a crib, both crying. The baby on the left is white and the baby on the right is Black. They are both wearing white clothing. The background is a white quilted blanket.

Tips to Help Parents and Baby Cope With Crying

Babies cry because they need something. As you get to know your baby better, you will learn what each cry means. Babies cry because they are too hot, too cold, hungry, bored, tired, over-stimulated, hurting, sick, need to burp or change positions, can't eliminate waste, or for many other reasons. Parents can feel very frustrated because they simply do not know why their baby is crying. No matter how frustrated you get, never shake your baby. This could cause physical harm and even death. If you are feeling really frustrated, place your baby safely in her crib for a few moments and call a friend or relative that you trust. Allow that person to take over while you take a break.

Here are some ideas that may help your baby stop crying:

- **Wrap** your baby in a curled position in a blanket to give her a feeling of being contained and secure.
- **Cuddle** your baby and rock her in a rocking chair.
- **Help** her find fingers or fists to suck, or offer your breast as a pacifier.
- **Turn** down the lights. Reduce the noise.
- **Walk** with baby.
- **Read** a story or sing to your baby.
- **Run** a vacuum cleaner, humidifier, fish tank water filter – a background sound may help soothe her.
- **Massage** your baby's back with lotion to calm him. Hold him gently yet firmly. Light touches and tickles are irritating to a fussy baby.

- Approach your baby with only one activity at a time. Touch, talk, or rock baby, but not all at once. Let the baby adjust to one activity before moving to a second or third.
- Play soothing music.
- Place the baby so she can look at something less stimulating, such as a blank wall. Give her one familiar thing, like a blanket, that she especially likes.
- Let him watch a hanging toy, such as a mobile, or curtains being blown by slowly moving fan.
- Try positioning your baby in different ways while carefully supporting the baby's head.
- Get help from someone else if baby is frantic and you are becoming frustrated. Sometimes simply seeing a new face is enough to settle baby back down.

Babies who are held and carried for at least 3 hours a day cry less and have more hours of contented awake time each day. — Your Child's Health, Barton D. Schmitt, M.D., New York: Bantam Books, 1991, p. 244.

Call the baby's medical provider if:

- ◆ **The baby's cry is a "painful" and continuous cry that lasts more than one or two hours**
- ◆ **The baby is less than two months old and has a rectal temperature of more than 101 degrees Fahrenheit**
- ◆ **If baby cries for three hours and you can't soothe him**

*Source: P.S. I love you, Baby's 1st Year Calendar Book, published by DeVos Children's Hospital.



Place a
photo
of your
newborn
here.

It's a _____ !

One Month

Did your baby have many visitors in the hospital?
List them here:

Developmental Milestone

- ▲ Moves arms and legs at the same time.
- ▲ Raises head when lying on tummy.
- ▲ Jumps at loud noises or sudden movements.
- ▲ Watches your face when it's close.

Remember...

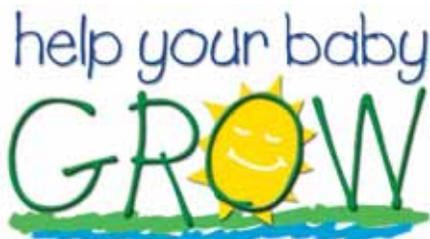
Time for a check-up! Contact your health care provider. Medical provider visits aren't just for sick babies. They are important times for your medical provider to see if your baby is developing normally. It may be time for her to have shots to protect her from dangerous diseases. It's also your chance to ask the medical provider any questions you may have about your baby.

The safest place for your baby to sleep is in a crib, alone, and on his/her back. Your baby should never sleep on a soft surface like a couch, waterbed, or pillow. He should never sleep with an adult because he could suffocate.

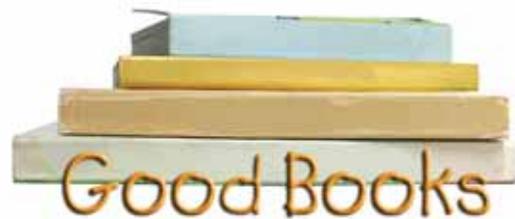
Baby's crib needs a firm mattress with tight fitting sheets, no blankets or bumper pads (use a sleeper for warmth), and the slats should be no more than the width of a soda can apart.

What sounds soothe your baby?

What sounds does she respond to?



- Read with your baby every day.
- Hold your baby and rock him.
- Talk and sing to her.
- Place colorful pictures or toys where he can see them.
- It's never too early to start oral hygiene for your baby. Before teeth are even seen, clean your baby's mouth and gums with a soft cloth or infant toothbrush. This helps ready your baby for the tooth cleaning to come.



Begin reading to your baby before birth. After birth, continue to read to her every single day. Here are some great books to start with:

- *Goodnight Moon* by Margaret Wise-Brown
- *My Love for You* by Susan Roth

Check out your local library for more ideas and selections.



Two Months

List your favorite songs to sing to your baby:

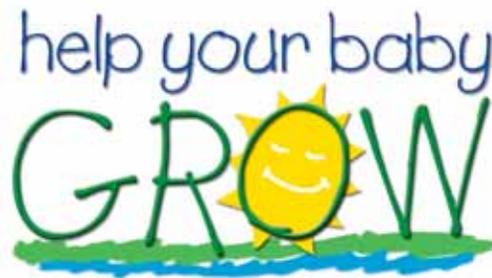


Developmental Milestone

- ▲ Turns head from side to side when lying on tummy.
- ▲ Watches and follows you with his eyes.
- ▲ Smiles when talked to.
- ▲ Makes different sounds.

How big is baby?

• Weight: _____ • Length: _____



- Read with your baby every day.
- Choose books with bright simple colors; and while your baby is awake and lying on his tummy, set them up so he can see them.
- Place an unbreakable mirror beside the changing table. Point to the baby in the mirror while you are diapering and talk about what you see.
- Gently shake a bell or rattle over baby's head, then move it to the side of his head and shake it again. See if the baby will move his head to find the sound.
- After baby's bath, massage her gently with lotion. Stroke, pat, and rub her while you talk to her in a gentle voice.
- Pull your baby slowly and gently into a sitting position to help her learn to control her head and neck.
- Sing songs to your baby. Here are some ideas: Twinkle, Twinkle Little Star; If You're Happy and You Know It; Old MacDonald; Wheels on the Bus.
- As you sing to your baby gently rock her and pat her on the back in time to the music.
- Now it's your turn. It's time for Mom and Dad to get their dental treatment completed. The bacteria that causes dental decay can be passed to your baby and increase their risk for dental decay and infections. Schedule a dental cleaning and examination with your dental provider.

Remember...

Time for a check-up. Contact your medical provider.

Don't smoke around your baby, and don't allow smoking in your home or at your baby's child care. Exposing your child to second-hand smoke is dangerous. Babies exposed to second-hand smoke have higher rates of SIDS (Sudden Infant Death Syndrome) and are sick more often with throat infections, ear infections and asthma. Your child's lungs can be permanently damaged.



Begin reading to your baby before birth. After birth, continue to read to her every single day. Here are some great books to start with:

- *I Love You This Much* by Laura Krauss-Melmed
- *Sleep, Baby, Sleep* by Michael Hague

Going Back To Work

After welcoming a new baby into your home it is sometimes necessary, or the parents' choice, to select a child-care provider and go back to work. Here are some tips that can make this transition easier on parents and baby:

- **Contact** the Children's Resource Network/4C at 231-728-7152 for a listing of available child-care providers, or ask other parents for recommendations.
- **Visit** the child-care center or home you think you will be using and interview the provider.
- **Make sure** you feel good about your baby's caregivers and the place your baby will go each day.
- **Ask to speak** with other parents about their experience with the child-care provider.
- **Prepare** yourself mentally. Take some time to think about the positive reasons you are returning to work. Also think about how you will feel when you leave your baby the first day, and how you will handle these feelings. This will make your first few days easier.
- If possible return to work in a **gradual manner** by working a few hours or a few days at a time.
- **Make a list** of things the baby will need each day at child care. Shop ahead and have a good supply of the basics on hand such as diapers and formula.
- **Write out a time schedule** for bedtime the night before. Decide what time to get ready to leave and include time with your baby if possible.
- **Give your caregiver a written list** of things about your baby including eating and sleeping routines, sleep positions, activities the baby enjoys, and how your baby lets you know what she likes and needs.
- Put a **photo of yourself** and other family members in with baby's belongings to take to child care.

**Source: P.S. I love you, Baby's 1st Year Calendar Book, published by DeVos Children's Hospital.*

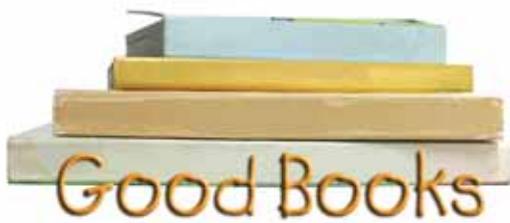


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Three Months

Developmental Milestone

- ▲ Holds her head up.
- ▲ Lifts her head and chest when lying on her tummy.
- ▲ Squeals, coos, chuckles.



- *Peekaboo Baby* by Margaret Miller
- *Welcoming Babies* by Margy Burns Knight
- *I Love To Cuddle* by Carl Norac

Does your baby have a favorite toy, blanket, or other item?



How about a favorite game?

Here are some other ideas for games you can play with him:

- ▲ Peek-A-Boo ▲ Pat-A-Cake
- ▲ When baby coos and babbles, do it back to her.

help your baby GROW

- Read board or cloth books so that your baby can hold, taste, and touch them.
- Place your baby on a blanket on his tummy when he is awake. Shake a rattle in front of him. Move the rattle up and down slowly as baby watches so he can practice lifting his head and shoulders.
- Place your baby in an infant seat or carrier where she can see and be a part of family activities.
- Hold baby up with his head on your shoulder and walk around the room, talking with him about what he sees. Try this outside, too.
- Sit near baby and slowly creep your fingers towards her. Then quickly and gently tickle her.
- Do not put your baby to bed with a bottle or allow him to nurse continuously from the breast. Putting baby to bed with a bottle can result in ear infections. Mother's milk, cow's milk, and juice have natural sugars that can put your baby at risk for severe dental decay.

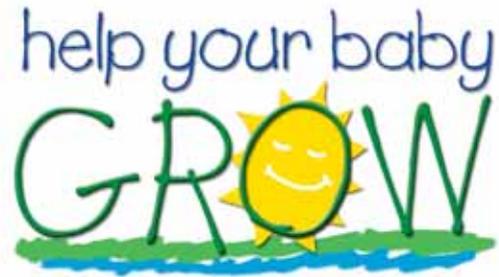
Remember...

Call your medical provider if:

- There is a **change** in your baby's behavior – unusual crying, continuous crying and baby can't be comforted, or baby is listless and much less active.
- There is **blood** in baby's urine or stool or your baby vomits blood.
- There is a **change** in your baby's breathing and color or there is wheezing.
- Your baby has had a lot of **vomiting** or diarrhea and now cries with no tears and has not had a wet diaper for 4-6 hours.
- Your baby **vomits forcefully** – not the usual spitting up.
- Your baby has a **temperature** of 101 degrees Fahrenheit or above.



Four Months



What kind of sounds is your baby making?

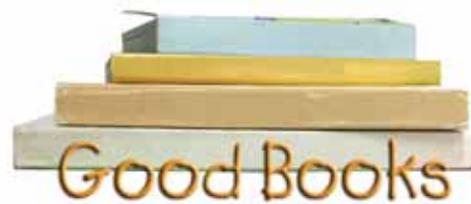


Has your baby developed any new skills?

- Read with your baby every day.
- Read nursery rhymes to your baby such as "Jack and Jill Went Up the Hill" and "Hey Diddle Diddle the Cat and the Fiddle."
- Help him roll from tummy to back, tucking his arm under his chest and supporting his head.
- Play peek-a-boo. Count and kiss his fingers and toes.
- Gently pull a long scarf across the palm of baby's hand. Encourage him to catch and hold it.
- When baby makes different sounds, talk to him about what you think he's trying to say.
- Children with healthy teeth chew food easily, learn to speak clearly, and smile with confidence. Start your child now on a lifetime of good dental habits by cleaning baby's mouth with a soft cloth or infant toothbrush.

How big is baby?

• Weight: _____ • Length: _____



- *Counting Kisses: A Kiss and Read Book* by Karen Katz
- *Babies* by Ros Asquith



- ▲ Rolls from back to tummy.
- ▲ Follows objects with her eyes.
- ▲ Grasps objects, plays with hands.
- ▲ Begins babbling and practicing sounds.

Remember...

Time for a check-up. Contact your medical provider. Now that your baby is getting more active and is able to hold things, you need to "childproof" your home. Get on your hands and knees and look for anything small enough for your baby to pick up and put in her mouth. Remove these items.

Parents' Memories

Use this page to record any special memories you may have, such as

- ▲ The first time your baby smiled:
- ▲ The first time he grabbed your hand:
- ▲ The first time she squealed to get your attention:
 - ▲ Write about how your baby's personality is developing...or paste a picture...

Five Months

help your baby
GROW

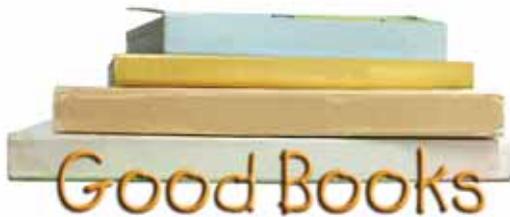
Developmental Milestone

- ▲ Stretches out arms to be picked up.
- ▲ Brings his feet to his mouth and sucks on his toes.
- ▲ Reaches for objects.
- ▲ Makes sounds to get attention.

If you have questions on growth, development, learning, behavior, speech, physical impairments, or other concerns about your baby's development call Early On® at 231-767-7253. This is a free service regardless of income level.

- Read with your baby every day.
- Before you pick your baby up, hold out your arms and say, "Come to Mommy (Daddy)."
- Lay baby on her back. Put your hands under her feet and move her legs up and down, like pedaling a bicycle.
- Lay your baby on a blanket on his belly while he is awake. Place a few colorful toys within his reach. Notice which toys he reaches for and whether he can get them.
- Talk to your baby when he makes sounds. Take turns "talking."
- When you take your baby out, talk about everything she is seeing. Respond to her sounds.
- Teeth will be coming in soon. Remember, never put your baby to bed with a bottle of formula, milk, juice, or sweetened liquids. Use only water in the bottle or give your baby a pacifier.

Listen carefully when your baby makes sounds and notice her gestures. Does your baby laugh or chuckle softly? Does she make high pitched squeals? Does she react to toys or people?



- *The Very Hungry Caterpillar* by Eric Carle
- *Baby Dance* by Ann Taylor

Handwritten notes on lined paper with a vertical margin line on the left. The text is: "Listen carefully when your baby makes sounds and notice her gestures. Does your baby laugh or chuckle softly? Does she make high pitched squeals? Does she react to toys or people?" There are several small yellow squares in the margin.

Six Months



- Read with your baby every day.
- Help baby sit on a soft rug with a pillow behind her. Place a few toys in front of her so she has to bend and reach to pick them up.
- Recite or read nursery rhymes to him.
- Let your child have some cloth or cardboard books to play with. Save books with paper pages for lap time reading with an adult.
- From six months to age three, your child may have sore gums when teeth come in. Drooling, irritability, and diarrhea are common occurrences when a child is teething. Many children like to chew a chilled teething ring, cool spoon, or cold wet washcloth.



How big is baby?

• Weight: _____ • Length: _____

Remember...

Time for a check-up. Contact your medical provider.

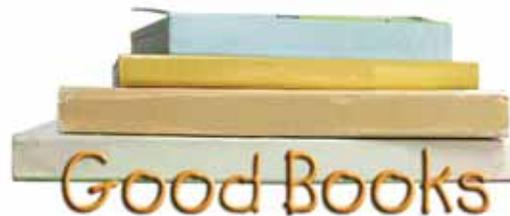
Your baby will be crawling soon. To prevent injuries, make sure you have **safety covers** in all outlets. These can be purchased in many dollar stores.

Do not put your baby in a walker – they are not safe. Your baby is too mobile and can easily have an accident like falling down steps or pulling something over on themselves.

Use exersaucers for only short periods of time. Babies need time on the floor to roll and sit and crawl to help them develop the muscles that will allow them to walk. Using an exersaucer may actually slow down your baby's development because they learn to push back which interferes with sitting. They don't learn to protect themselves when they lose their balance by putting their arms out to catch themselves – they let the exersaucer catch them. Babies need to know how to protect themselves when they practice walking.

Developmental Milestone

- ▲ Raises body up on hands.
- ▲ Sits with support/rolls over.
- ▲ Begins finger feeding.



- *Finger Rhymes* by Marc Brown
- *Moo, Baa, LaLaLa* by Sandra Boynton



Seven Months



Does your baby turn to see when a loud noise occurs?

Does your baby look in the direction of your voice when you call?

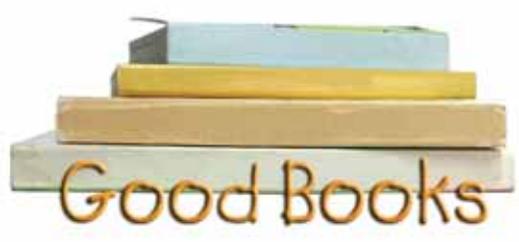
What kinds of sounds is your baby making? (grunting, growling, deep-toned sounds).

What is your baby's favorite book? How can you tell she likes it so much?

- Read with your baby every day. As you read, point to the pictures. Give baby plenty of time to look and respond to the pictures. Talk about the pictures, "Oh, look at that red ball. Is that like your soft red ball?"
- Give baby a small toy to hold in one hand. After she has played with it for a minute or so, hold another toy up to the same hand. Try to get baby to move the first toy to her other hand instead of dropping it.
- Help your baby to a hands and knees crawling position. Support him if necessary, and rock him slowly back and forth, reciting a nursery song or rhyme.
- With your medical provider's permission, let your baby try finger foods like dry cereal or pieces of banana.
- If your child's drinking water does not contain the ideal amount of fluoride, he will need a fluoride supplement. Fluoride helps protect your child's teeth against decay and stops cavities in their early stages. Ask your medical provider if your child needs fluoride.

Developmental Milestone

- ▲ Moves objects from one hand to another.
- ▲ Creeps on his stomach and tries to crawl.
- ▲ Says sounds like "ga, ka, da, ba."



- *Everywhere Babies* by Susan Meyers
- *Pat the Bunny* by Dorothy Kunhardt

Eight Months

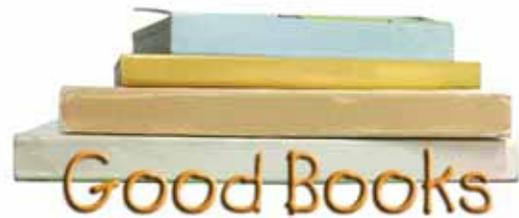
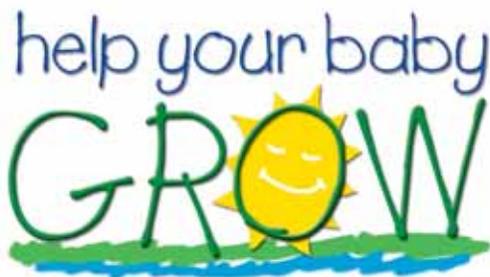


Developmental Milestone

- ▲ Sits well alone.
- ▲ Picks up a small object with her thumb and fingers.
- ▲ Stands for a short period of time holding on for support.

Remember..

Children under the age of three should not have toys with small pieces that they might put in their mouth and choke on. If a toy can fit through an empty paper towel roll, it is too small.



- *More, More, More Said the Baby* by Vera B. Williams
- *All Fall Down* by Helen Oxenbury

- Read with your baby every day.
- After you have been naming the pictures in your baby's favorite books for a few weeks, begin to ask, "Where's the ball?" Soon your baby will touch the picture of the ball.
- Sit with baby on a blanket or rug. Show him a favorite toy. After you have his attention, lay the toy down beside or behind him. Encourage him to turn to find the toy.
- Help her practice pulling herself up using a safe object for support (sofa, stable chair, etc.).
- Allow your child to feed herself dry cereal rings.
- Children mimic their parents. Make sure your baby picks up good oral hygiene habits when they mimic you. Encourage him to watch adults and older siblings caring for their teeth. Brush your child's teeth at least twice a day— after breakfast and before bedtime. Use infant toothpaste or no toothpaste at all.

If your baby pulls up on something, how long can he stand while holding on?

What words does baby seem to know the meaning of?



Nine Months

Developmental Milestone

- ▲ Crawls.
- ▲ Makes two same sounds together like "ba-ba" or "ga-ga."
- ▲ Carries out a simple command like "wave bye-bye."
- ▲ Enjoys nursery games.

A list of firsts...

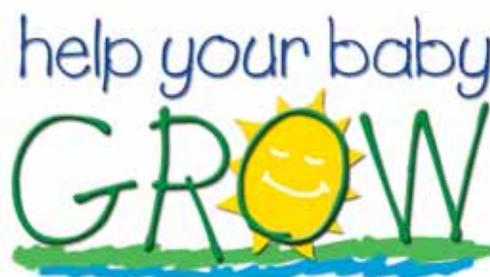
- When did your baby get his first tooth?
-
- When was her first haircut?
-
- When was the first time he rolled over by himself?
-
- When did your baby crawl for the first time?
-

SUGGESTED TOYS

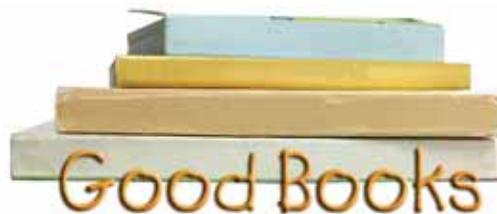
- Balls
- Blocks
- Toys that roll and can be pushed or pulled
 - Stacking toys
 - Busy boxes
- Sturdy cardboard books

Remember..

Ask your medical provider or local health department to screen your baby for lead. Call 231-724-1209 to ask for lead testing. Lead is a dangerous substance sometimes found in paint or plumbing. It can cause severe problems for children, including brain damage.



- Read with your baby every day.
- Get down on your hands and knees beside baby. Crawl a little ahead of him, then turn and call for him to follow. Let him catch you often.
- Continue to read and talk with your baby to encourage his language development.
- Practice giving your child simple commands, "Give Mommy the ball."
- Talk a lot with your baby. For example label and narrate. "You're eating a big yellow banana!" Give her time to respond.
- Play simple nursery games like Pat-A-Cake.
- Keep your child's gums and teeth healthy. Primary teeth (commonly called 'baby' teeth) are very important for proper positioning of the permanent teeth. Each primary tooth reserves space for the permanent tooth that will replace it.



- *Double Delights Nursery Rhymes* by Mary Novick
- *Clap Hands* by Helen Oxenbury

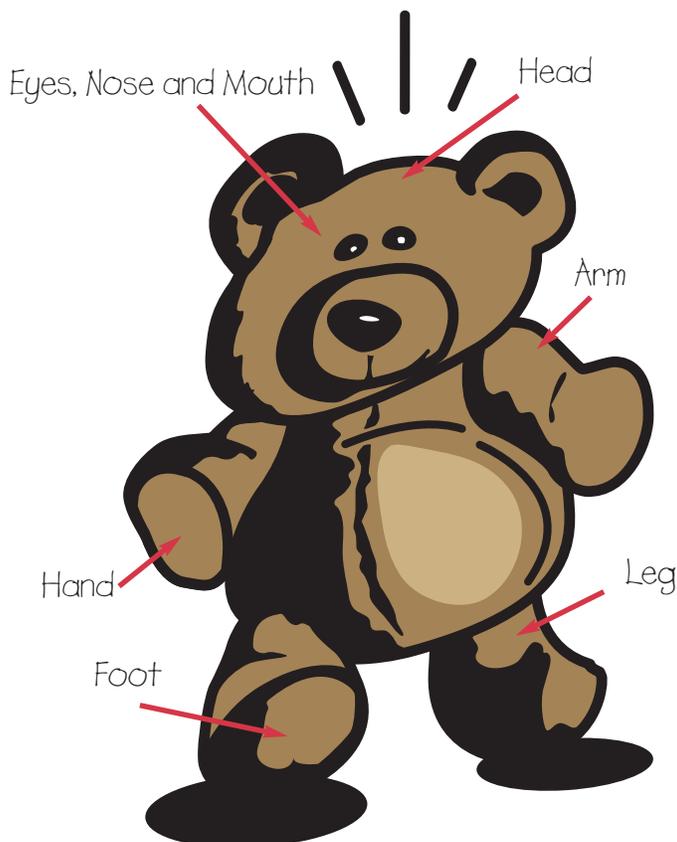
Ten Months

help your baby
GROW

Developmental Milestone

- Read with your baby every day.
- Help your baby learn to point to body parts by naming and pointing to parts on a doll, then on herself.
- Let the baby see you cover a toy with a blanket. Then ask, "Where's the toy?" Ask the baby to uncover the toy.
- Respond to your baby's talking. See how long you can keep a back-and-forth conversation going. For example, he makes a sound, you copy it, he makes another sound and so on.
- Visit your local library. Most have scheduled story times and activities.
- Dental injuries can be prevented. Always use a car seat for your child. Child-proof your home to prevent falls, electrical injuries, and choking on small objects.

- ▲ Points to named body parts.
- ▲ Uses "dada" and "mama" as specific words.
- ▲ Looks for hidden objects.
- ▲ Imitates actions, remembers them and repeats them.



Is your baby a good eater? What was her first solid food?

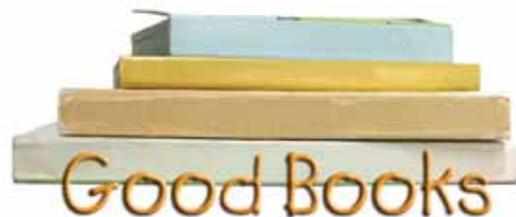
Does she have a favorite food?

Is there a food he definitely doesn't like?

Which body parts can your baby point to?

Has your baby spoken her first specific word yet? What was it?

How old was your baby when she first slept through the night?



- *Toes, Ears, & Nose* by Marion Dane Bauer
- *Fuzzy Yellow Ducklings* by Mathew VanFleet

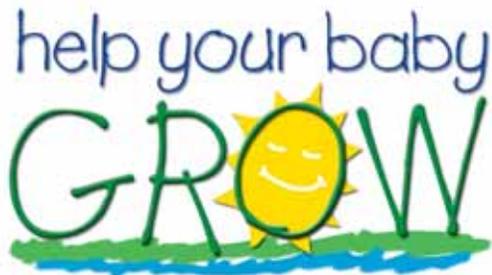
Parents' Memories

Use this page to record any special memories you may have, such as funny things your baby has said or done or your first vacation or overnight together!

Write about your baby's developments...
or paste some pictures...



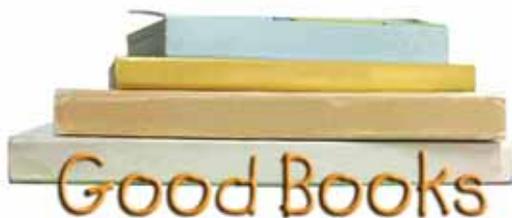
Eleven Months



Developmental Milestone

- Read with your baby every day.
- Reread your baby's favorite books over and over again.
- Provide him with stacking toys, blocks in a container, kitchen objects like pots and pans and plastic bowls with lids.
- Allow your child to practice drinking from a cup and using a spoon.
- As baby's first birthday approaches, wean your child from a bottle or nursing. Encourage him to drink from a cup. If using a training (sippy) cup, avoid those with no-spill valves. Cups with valves do not allow your child to sip. The only way he can get liquid from a cup with a valve is by sucking (as from a baby bottle). This defeats the purpose, as it prevents your child from learning how to sip.

- ▲ Stands alone briefly.
- ▲ Walks holding onto the side of the crib or walks along furniture.
- ▲ Holds a cup with both hands and brings a spoon to his mouth.
- ▲ Explores containers by lifting their lids, putting objects in and taking them out.



- *What's That Smell* by Janelle Cherrington
- *Sally Sheep's New Nibbles* by Debbie Rivers-Moore

What are your baby's favorite ways to play?

What are your baby's favorite toys?

What does your baby play if he is alone?

Twelve Months

One Year Old!

Developmental Milestone

- ▲ Stands alone well, walks with support.
- ▲ Says one word besides "ma-ma" and "da-da."
- ▲ Climbs up and down stairs.
- ▲ Helps turn the pages of a book.

One-year-old!

How big is baby?

• Weight: _____ • Length: _____

Remember...

Time for a check-up. Contact your pediatrician or your medical provider.

If your baby is one-year-old and weighs at least 20 pounds, you can turn his car seat around so it faces forward. Remember that it is safest for your baby to put his seat in the back seat of the car. Call Muskegon Safe Kids at 231-739-4910 to find out where you can have your car seat inspected.

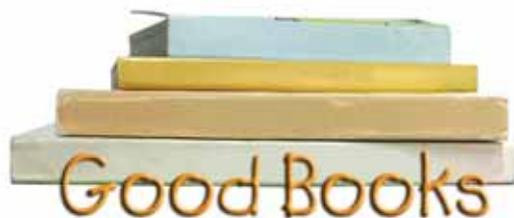
Never let your child play with a balloon unattended. Be sure to collect and throw away pieces of broken balloons immediately. Pieces can become stuck in a baby's windpipe, causing him to suffocate.

Young children can become entangled and strangle in cords on blinds or draperies. Use safety devices or cut loops and shorten cords.

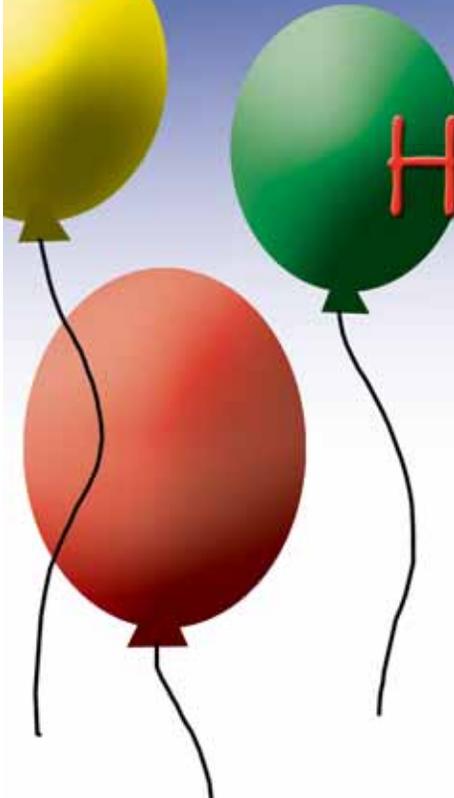
Take safety measures to prevent accidents. Lower crib mattress and block access to stairways.

help your baby
GROW 

- Read with your baby every day.
- Milk and other fluids should now be given in a cup and not a bottle.
- Read nursery rhymes and poems together with your child. Pause before a rhyming word to give her a chance to say the missing rhyme.
- Provide push-type toys that baby can push as he walks (bubble mowers, sturdy doll strollers).
- Praise your child when he uses words to talk to you.
- Sit on the floor, facing baby with your feet apart but touching hers. Roll a ball to her and encourage her to roll it back.
- Your child should visit a dentist around his first birthday. Early examination and preventive care will protect your child's smile now and in the future.



- *Elmo's Birthday Party* by Random House, Sesame Workshop
- *Carl's Birthday* by Alexandra Day



HAPPY BIRTHDAY

Have a party!



Who did you invite to your baby's first birthday party?

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What activities did you do?

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What was your baby's favorite gift?

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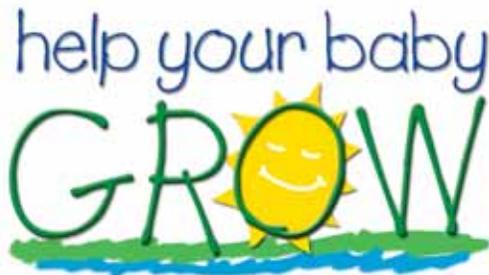
What kind of food did you have?

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Fifteen Months

Developmental Milestone

- ▲ Helps with getting undressed.
- ▲ Gives and takes toys.
- ▲ Says 4 or more single words, in addition to "mama" and "dada."
- ▲ Drinks from a cup held in both hands.
- ▲ Listens to stories; points to pictures.
- ▲ Stacks 4 blocks; scribbles with crayons.
- ▲ Stands in middle of floor by him/herself and takes steps forward.



- Allow a few extra minutes in the morning and evening for your child to help dress herself.
- Encourage your child to use words when she wants something.
- Help your child "read" simple books with bright pictures.
- Encourage your child to pretend to read a book while you are close by to comment.
- Make a game of stacking blocks. Each time you add a block to your tower, ask the baby to add a block to his. Celebrate with him when the tower tumbles over.
- Whether your child uses a training cup or a small plastic glass, keep milk, juice, and sweetened liquids for mealtime. Offer only water between meals.

When did your baby take his first step?

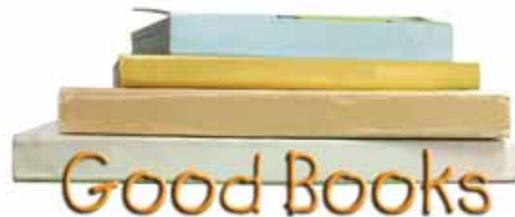
What was the first thing your baby drank out of a cup by herself? How old was she?

When was your child's first trip to the library?

Remember...

Time for a check-up. Contact your medical provider.

Call Early On® with concerns about baby's development at 231-767-7253. This is a free service regardless of income.



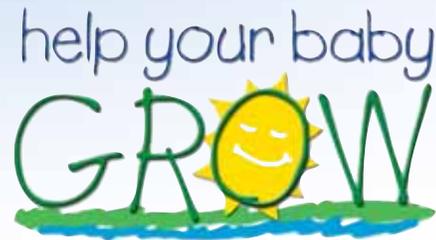
- *Clothes With Other* by Sue Hendra
- *Goodnight Gorilla* by Peggy Rathman

Mini Photo Album

Paste your favorite
pictures here.

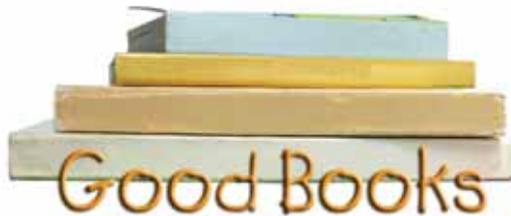


Eighteen Months



Developmental Milestone

- ▲ Turns pages of a book by himself.
- ▲ Walks up stairs with hand held.
- ▲ Eats with spoon and fork.
- ▲ Plays pretend games.
- ▲ Says eight or more words in addition to "mama" and "dada."



- *Once Upon a Potty* by Alona Frankel (A "boy" and "girl" version are available.)
- *Too Big for Diapers* by John E. Barrett, Editors: Chris Angelilli, Jim Henson, Random House

Remember...

Time to update immunizations! Contact your medical provider or the Muskegon County Health Department at 231-724-1220.

- Allow extra time for your child to walk up the steps himself instead of carrying him.
- Bring books with you while you're waiting at the medical provider's office or running errands.
- Offer different types of food so your child can have plenty of spoon and fork practice.
- Thumb and pacifier sucking is perfectly normal for infants; most stop by age two. If your child does not, discourage it after age four. Prolonged thumb or pacifier sucking can create crowded, crooked teeth or bite problems.
- Pretend together with your child that you are both airplanes, or puppies, or feeding a doll.
- If your child doesn't have children his age to play with at home or in child care, look around your neighborhood or local park. Chances are you will find someone about his age. If the children get along, you may make a new friend in the other child's parent.
- Children toilet train at different ages. If you begin before the child is ready, both you and the child will be frustrated. Your child may be ready if he:
 - Shows an interest in being dry and clean.
 - Asks to have dirty diapers changed.
 - Can stay dry for 1-2 hours.
 - Is aware that he is urinating or having a bowel movement.
 - Is able to follow simple instructions.
 - Is curious about toilet habits.
- There are books available that you can buy or borrow for your child about "going to the potty."

More Memories



- Where does your child like to keep his books?
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- What things does your baby like to do for himself?
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- ▲ When was the first time your baby fed himself? What did he eat?
- ▲
- ▲ Who was your baby's first friend/playmate? How did they meet?
- ▲
- ▲
- ▲ What kind of pretend games do you and your baby play together?
- ▲
- ▲
- ▲ Who was your baby's first babysitter?
- ▲
- ▲



Ways to Encourage Good Behavior

Now that baby is older, he is learning that his behaviors serve a purpose. That is, they allow him to either get something he wants, or escape or avoid something he doesn't want. Behavior may also help him communicate a message or need. Most likely your child's most challenging behaviors occur in certain settings, under certain conditions, with a particular person, or during different activities. They may be triggered by things like confrontation, ultimatums, unreasonable consequences, and power struggles.

To encourage good behavior it is important to teach your child what is expected of her, model or demonstrate the right kinds of behaviors, and avoid approaches that lead to confrontation, ultimatums, unreasonable consequences, and power struggles.

Positive Behavior Support (PBS) is one way to help understand and improve challenging behaviors. When dealing with behavior problems stay calm and think objectively. Ask yourself these questions:

- ▲ When does the behavior occur?
- ▲ What have you tried that has worked?
- ▲ What hasn't worked?
- ▲ What need is being met?
- ▲ What do you want your child to do?
- ▲ How can you reinforce your child when she does it the right way?
- ▲ How can you prevent the behavior?
- ▲ How can you effectively and calmly deal with the behavior when it occurs?

To avoid problem behaviors, be sure you are making use of the Positive Parenting Practices below:

- Provide a loving, nurturing environment
- Praise good behavior
- Communicate clearly
- Model the behavior you would like to see in your child
- Baby proof your home
- Establish family rules
- Be consistent and follow-through
- Recognize and respond to your child's needs with consistency
- Provide some "quiet time" for you and your child
- Read to your child
- Learn to read your child's behavior
- Maintain a sense of humor
- Laugh with your child
- Be kind and firm at the same time

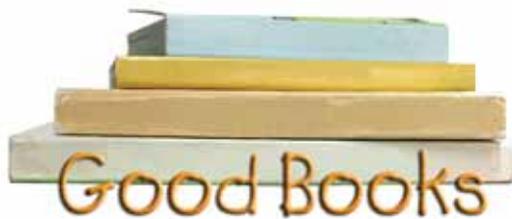
If you would like to learn more about Positive Behavior Support or Positive Parenting visit:

- www.pbis.org
- www.positiveparenting.com
- www.iparenting.com
- www.parenting.com

Two Years

help your toddler GROW

- Call Early On® with concerns about baby's development at 231-767-7253. This is a free service regardless of income.
- Allow your child plenty of outside time to practice new-found skills. Exercise is important to develop a healthy body.
- Teach your child to wash his hands before he eats and after he toilets.
- Help your child complete his thoughts. If he says "Me cookie," you may respond, "Would you like a cookie?"
- Read signs with your child. Help her find letters that are in her name.
- Let them have paper, pencils, crayons, and markers to draw and scribble.
- Play hide and seek with a few toys. Let the child watch you hide a few toys, then ask him to go find them. Gradually increase the number of toys you hide.
- Brush your child's teeth after meals and before bedtime. Use only a pea-sized amount of fluoride toothpaste. Supervise tooth brushing to be sure your child does not swallow toothpaste.



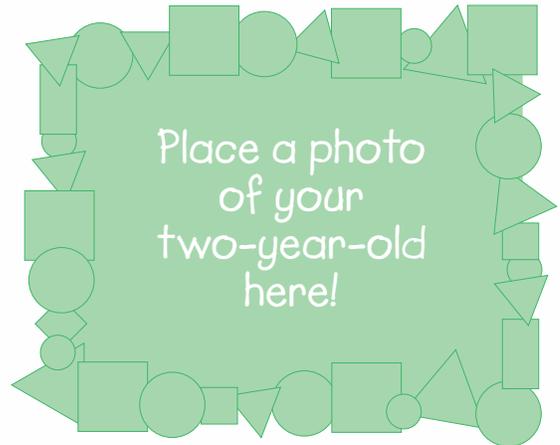
- *Brown Bear, Brown Bear, What Do You See?* by Bill Martin
- *Will There Be A Lap For Me?* by Dorothy Corey

Remember...

Time to update immunizations! Contact your medical provider or the Muskegon County Health Department at 231-724-1220.

Developmental Milestone

- ▲ Runs; jumps; throws a ball.
- ▲ Puts on clothes; washes hands with help.
- ▲ Uses 2 or 3 word sentences.
- ▲ Calls self by name; asks for "more."
- ▲ Opens a door.
- ▲ Remembers where objects are hidden.



What was your child's first sentence?



When did your child first speak her own name?



What activities do you enjoy together?



When was the first time baby went to the bathroom on her own?



Three Years

Developmental Milestone

- ▲ Kicks a ball; walks up stairs.
- ▲ Uses 3 to 4 word sentences.
- ▲ Knows full name and sex.
- ▲ Dresses self except for buttons.
- ▲ Plays in small groups.



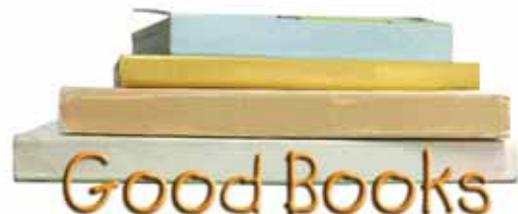
help your child GROW

- Take your child to a local park. It's free, and there's lots of room and opportunity to run, climb and play.
- Have a tower building contest.
- Ask your child questions to give him an opportunity to answer you.
- Teach your child to zip and button.
- Praise your child when he goes to the potty.
- If your child isn't in child care, consider enrolling her in a pre-school or enrichment program for a few days each week. The experience with other children will be valuable. Call your local public school district to find out what options are available.
- As you read with your child, run your finger under each word. Make your child's name with magnetic letters and say the names of the letters that spell her name.
- Regular dental visits help your child stay cavity free. Teeth cleanings, fluoride treatments and tooth brushing instructions strengthen teeth and prevent cavities.

Does your child enjoy going to the park or playground? What are his favorite things to do there?



What colors can she identify?



- ***Animal Alphabet* by Bert Kitchen**
- ***Chicka Chicka Boom Boom* by Bill Martin and Lois Ehlert**
- ***Harold and the Purple Crayon* by Crockett Johnson**



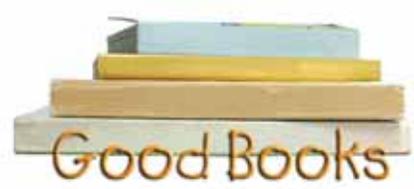
Four Years

help your child GROW

Developmental Milestone

- There are many opportunities in Muskegon County for quality preschool for your child. Call your local public school district to find out what options are available in your community or call Head Start of Muskegon/Oceana at 231-767-8300.
- Ask your child questions about his make-believe friends. Talk about them as if they were real. You will learn a lot about your child by listening to what his imaginary friend "says."
- Read with your child. Let him see you follow the words from left to right with your finger. Pick books that will interest him.
- Even though he can wash his hands and brush his teeth, he will still need some supervision to make sure he does it correctly.
- Play store or office with your child and have him "pretend" to fill out old forms and applications.
- Take your child to the library regularly and keep books and other reading materials within reach.
- Good diet and nutrition are necessary for your child's oral health. Choose healthy snacks like fruits, vegetables, peanut butter, and cheese. Limit between meal sugary snacks.

- ▲ Hops and stands on one foot; catches a ball.
- ▲ May have make-believe friends.
- ▲ Asks questions.
- ▲ Washes hands and brushes teeth.
- ▲ Copies a circle and a cross.
- ▲ Shares, waits her turn.



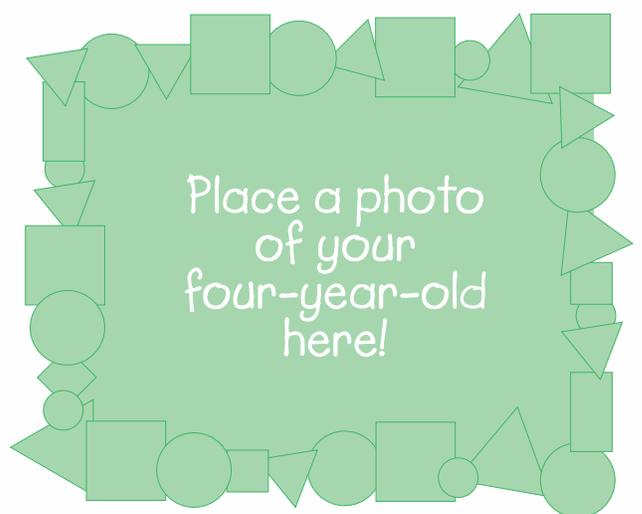
- *It Looked Like Spilt Milk* by Charles Shaw
- *My Doll, Keshia* by Eloise Greenfield
- *I Like The Music* by Lean Komaiko

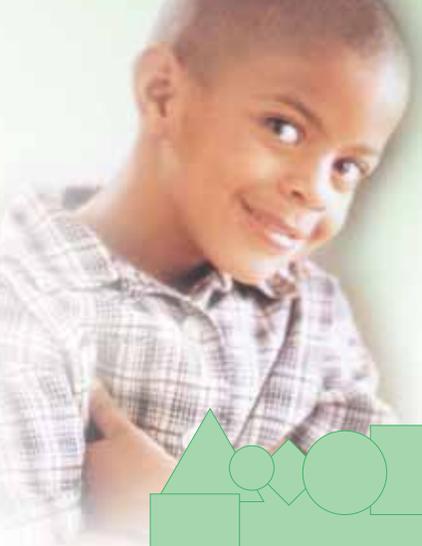
Remember...

Time for a check-up! Contact your medical provider or your local health department. Are your child's immunizations up-to-date?

Kindergarten registration! Call your local school district to ask when you need to register, what you need to bring, and what school your child should attend.

| | |
|---|--|
| ▲ | Did your child start school this year? When was his first day and where did he go? |
| ▲ | |
| ▲ | |
| ▲ | What letters and numbers can she identify? |
| ▲ | |
| ▲ | Does your child have an imaginary friend? |
| ▲ | |

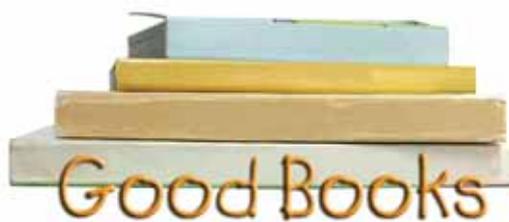




Five Years

Developmental Milestone

- ▲ Skips; stands on one foot for 5 seconds.
- ▲ Listens; follows simple directions.
- ▲ Counts to 10; knows 5 colors and own age.
- ▲ Copies a square; prints some letters and numbers.



- *Yertle the Turtle* by Dr. Seuss
- *The Kissing Hand* by Audrey Penn
- *The Giving Tree* by Shel Silverstein



- Play hopscotch with your child.
- Play Simon Says.
- Count and sort jelly beans by color.
- Provide plenty of pencils, paper, and crayons.
- Provide simple props for your child to use during pretend play. Suggestions: Empty food containers, old clothes, plastic dishes, note pads and pencils, junk mail.
- As you read with your child ask questions such as: "What's happening now? What do you think will happen next?"
- Your child's mouth is about to change. He will begin losing his primary teeth and permanent teeth will be coming in. Continue to help him brush until he can master scissor cutting (around 7- or 8- years-old).

● How high can your child count?

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● List some of your child's kindergarten memories...

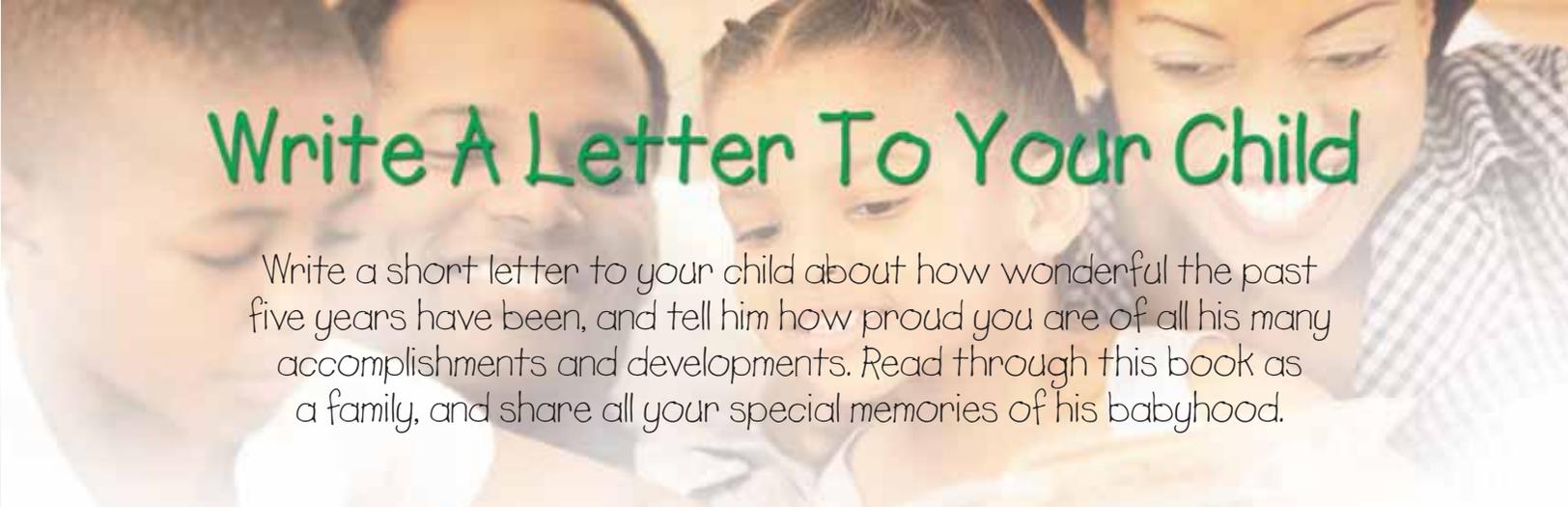
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Write A Letter To Your Child

Write a short letter to your child about how wonderful the past five years have been, and tell him how proud you are of all his many accomplishments and developments. Read through this book as a family, and share all your special memories of his babyhood.

Dear

Community Partners

In order to connect with a current listing of the wide variety of resources in Muskegon County, we invite you to visit www.call-211.org or call the Community Access Line of the Lakeshore (C.A.L.L.) at 211. Cell and pay phone users dial 231-733-1155 or toll free 1-877-211-5253. C.A.L.L. can link you to health and human service information including counseling, clothing, shelter, education and prevention programs, emergency food, mentoring, senior citizens programs, utility assistance, substance abuse services, support groups, volunteer opportunities, respite care, and transportation.

Our community is made up of schools, hospitals, agencies, churches, law enforcement, businesses, government, public health organizations, and many other volunteer groups and caring individuals who are committed to assisting families prepare their children to enter school healthy and ready to learn. Many of these people serve on the Muskegon County Parenting Collaborative and contributed to the content of this publication.



Active Members of the Muskegon County Parenting Collaborative

Big Brothers Big Sisters of the Lakeshore
Catholic Social Services
Child Abuse Council
Children's Resource Network/4C
Child and Family Services
Community Foundation for Muskegon County
DHS
Early On®
Girl Scouts of Michigan Pine & Dunes Council
Habitat for Humanity
Hackley Community Care Center
Hackley Public Library
Head Start® of Muskegon/Oceana
MSU Extension
Maternal Infant Support
Muskegon Area Intermediate School District

Muskegon County Health Department
Muskegon Community Health Project
Muskegon Community Health Project Dental Coalition
Muskegon Family Care
Muskegon Family YMCA
Muskegon Rescue Mission
Muskegon Safe Kids
Neonatal Intensive Care Unit Satellite Program
Pathfinders of Temple UMC
Public School Districts located in Muskegon County
Responsible Fathers
Sacred Suds
Volunteer Muskegon
Westshore Dispute Resolution Center
WIC
United Way of the Lakeshore

On-line Resources for Parents

Advice to parents about reading
www.reachoutandread.org

American Library Association's Sites for
parents, caregivers, teachers, and others who
care about kids
[www.ala.org/parentspage/greatsites/
parent.html](http://www.ala.org/parentspage/greatsites/parent.html)

Born Learning
www.bornlearning.org

Bridges4Kids – Loads of information and
guide to local resources
www.bridges4kids.org

Great Parents, Great Start – Tips for parents
or caregivers of infants, toddlers, and
preschoolers
www.migreatparents.org

I Am Your Child
www.iamyourchild.org

Parent Center
www.parentcenter.com

Parent Soup
www.parentsoup.com

Parenting Special Needs
www.specialchildren.about.com

Parenting Toolbox
www.parentingtoolbox.com

Parents as Teachers (PAT) National Center
www.patnc.org

Parents Helping Parents
www.php.com

Parents. The Anti-Drug
www.theantidrug.com

Positive Parenting
www.positiveparenting.com

Prevent Child Abuse America
www.childabuse.org

Public Television Broadcasting Services
www.pbs.org

Stepfamily Network
www.stepfamily.net

Talking With Kids
www.talkingwithkids.org/local.html

Whole Family
www.wholefamily.com

ZERO to THREE
www.zerotothree.org

Resources for Parents

In order to connect with a current listing of the wide variety of resources in Muskegon County, we invite you to visit www.call-211.org or call the Community Access Line of the Lakeshore (C.A.L.L.) at 211. Cell and pay phone users dial 231-733-1155 or toll free 1-877-211-5253. C.A.L.L. can link you to health and human service information including counseling, clothing, shelter, education and prevention programs, emergency food, mentoring, senior citizens programs, utility assistance, substance abuse services, support groups, volunteer opportunities, respite care, and transportation.

Here are some other commonly requested resources:

Adult Programs Your neighborhood public school

Behavior www.positiveparenting.com

Birth Certificate Muskegon County Clerk's Office at 231-724-6538

CPR and First Aid Training American Red Cross at 231-726-3555

Car Seat Checks Muskegon Safe Kids at 231-739-4910

Child Care Children's Resource Network/4C at 231-728-7152

Dental Health Local dentists or Hackley Community Care at 231-737-8603 or Muskegon Family Care at 231-767-9830 or Muskegon County Health Department at 231-724-1283

Developmental Delays (ages 3 – 26) MAISD Child Find at 231-767-7256

Early Education and other services for families
Your neighborhood public school.

Fruitport: 231-865-4102

Holton: 231-893-0515

Mona Shores: 231-780-4748

Montague: 231-893-0515

Muskegon: 231-720-2560

Muskegon Heights: 231-830-3300

North Muskegon: 231-893-0515

Oakridge: 231-760-1787

Orchard View: 231-760-1787

Ravenna: 231-760-1787

Reeths-Puffer: 231-893-0515

Whitehall: 231-893-0515

Hearing and Vision Testing Muskegon County Health Department at 231-724-4531

Immunizations Your medical provider or Muskegon County Health Department at 231-724-1220

Infant and Toddler Developmental Delays
Early On at 231-767-7253

Internet Safety www.isafe.org

Lead Testing Your medical provider or Muskegon County Health Department at 231-724-1209

Local Resources www.call-211.org, C.A.L.L. 211, or 213-733-1155 or toll free 1-877-211-5253

Mental Health Community Mental Health Access at 231-720-3200 or toll free 1-888-919-7099

Mentor Programs Contact your neighborhood public school or Big Brothers Big Sisters of the Lakeshore at 231-728-2447, or Pathfinders of Temple UMC at 231-737-6415

Nutrition WIC at 231-724-1281 or MSU Extension at 231-724-6361

Parenting Birth to Five www.migreatparents.org and www.bornlearning.org

Preschool Muskegon Area Intermediate School District at 231-767-8300

Reading Your local library or neighborhood public school

Services for Teen Parents Catholic Social Services at 231-726-4735

Well Baby and Well Child Checks Your medical provider
List compiled 2006

For additional information or to request copies of Grow With Me, contact Kristin Tank at the Muskegon Area Intermediate School District at ktank@muskegonisd.org or call 231-767-7263.