

Smart Start for Babies Newborn~2 months-old

Getting Ready for School Begins at Birth



**Tyrone Area School District
Parenting Tips**



Smart Start for Babies Newborns



YOUR NEWBORN BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Your baby will lift his/her head briefly • Moves arms and legs on both sides of the body equally well • When startled by a loud noise, or a feeling of falling your baby will extend the legs, arms, and fingers, arch the back, draw the head back, then draw the arms back , fists clenched into the chest. • Your baby will keep his/her arms and legs bent up close to his body and his/her fingers tightly clenched • Your baby's feet will naturally curve inward 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • Your baby will lift his/her head briefly • Moves arms and legs on both sides of the body equally well • When startled by a loud noise, or a feeling of falling your baby will extend the legs, arms, and fingers, arch the back, draw the head back, then draw the arms back , fists clenched into the chest • Your baby will keep his/her arms and legs bent up close to his body and his/her fingers tightly clenched • Your baby's feet will naturally curve inward
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Uses sounds, facial expressions, and body movements to tell you how he is feeling sleepy, hungry, happy, uncomfortable • He/she will have a variety of grunts, squeaks, sighs, sneezes, and hiccups • A strong sound may make your baby jump or cry • Your baby will recognize your voice 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Talk and sing to your baby. This makes him feel loved and helps him bond with you • As you move through the day your baby will learn from your voice when you're going to feed him, change his/her diaper, go out for a walk, or put him down to sleep. The way you talk will tell him a great deal about your mood and personality. If you speak in an upbeat or comforting way, he may smile or coo. Yell or talk angrily, and he'll probably startle or cry • Respond to your baby's signals. When his eyes are bright and he is awake and alert, it's time to play. Slow things down when he cries, turns away, or arches his back
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Prefers to look at high contrast patterns and faces • Is alert 1 out of 10 hours • Cries if under-stimulated or over-stimulated • Prefers the human face to other shapes 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> •
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Focuses on objects within 8—15 inches, especially your face, if you move away his eyes may wander • Baby will recognize your voice, smell, and face • Baby will respond to your smile and touch with pleasure 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Holding your baby will give him/her pleasure. It will give him/her a sense of security and comfort, and it will let him know he/she is loved. Research shows it will actually promote his/her growth and development • Play soft soothing music • Show baby black and white patterns, sharply contrasting dark-red and pale yellow, bull's-eyes, and very simple faces



Smart Start for Babies

1 month-old



YOUR 1 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Can lift his/her head slightly for a few seconds • Turns his/her head from side to side • Your baby is born with the ability to see to the sides, and he'll gradually acquire the ability to focus closely on a single point in the center of his/her visual field • Hearing is fully mature by the end of the 1st month, may turn toward familiar sounds & voices • Will follow an object moved above his/her face • Stares at objects, but does not reach for them • Prefers the human face to all other patterns • Will grasp your finger, keeps hands in tight fists • Flops head if not supported • Can see things 10—15 inches away • Makes jerky arm movements • Brings hand to face 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • Move your head side to side as baby follows your face • Place a mobile with highly contrasting colors and patterns on baby's crib • Play soft soothing music • Play with your baby using soft, brightly colored and patterned toys that make gentle sounds
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Responds to voices • May turn toward familiar sounds or voices • Begins making small cooing sounds • Likes it when you talk to him/her • Uses gestures, sounds, and facial expressions to communicate his/her feelings • Watches you while you are talking and mimics by opening and closing his/her mouth 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Take every opportunity to talk, sing, or coo to your baby • Comfort your baby whenever he cries. You can't spoil a baby. Soothing makes her feel safe, secure, and loved
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Prefers to look at high contrast patterns and faces • Cries if under-stimulated or over-stimulated • Prefers the human face to other shapes 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> •
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Loves skin-to-skin contact • Begins to trust caregiver • Enjoys eye contact, smiles at faces • Focuses his/her eyes on your face • Recognizes parents' voices • Responds to loud sounds • Blinks at bright lights 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Love your baby. Nothing helps a baby grow and thrive as much as being loved • Pass a patterned object within focus range (8-15 inches) up and down and side to side in front of him/her • Help your baby calm himself by guiding his fingers to his mouth, giving him a pacifier, or offering a blanket or a soft object



Smart Start for Babies

2 month-old



YOUR 2 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Can lift his/her head 45 degrees • Hands start to unfold • Can briefly hold a rattle • Baby's eyes are more coordinated and can work together to move and focus at the same time • Tracks moving objects with his/her eyes • Holds head steady for a few minutes • Can bear weight briefly when they are held in a standing position • Roll over one way • Reach for an object 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • To help your baby strengthen head muscles, lie baby across your lap belly-down • Bicycle your baby's legs to stimulate nerves and muscles in his/her legs & feet • Use baby safe mirrors; hang them on the crib, in the carriage, and beside the changing table • Move a rattle or bright toy across baby's line of vision to encourage tracking
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Listens and watches the people around him • Responds to voices • Makes noises other than crying • May repeat vowel noises, such as 'ah-ah-ah' or 'ooh-ooh-ooh' • Gurgles, coos, and squeals • Exhibits emotions 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Speak softly to your baby and use his/her name often. He/she can locate your voice within a few hours after birth • Talk to your baby often with clear, simple words and phrases • Mix your conversations with adult language and baby talk. Then phase out baby talk after six months old • Show baby simple pictures of babies, animals or toys
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Prefers to look at high contrast patterns and faces • Starts to make associations with crying to get needs met • Protest if needs aren't met • Likes visual stimulation 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> • Slowly move your head from side to side to encourage your baby's eyes to follow you • Read to your baby • Play music softly during playtime in the crib
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Smiles at you, may laugh out loud • May squeal in delight • Communicates moods • Studies faces • Watches as you're talking and mimics by opening and closing his/her mouth 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Delight your baby by gently blowing on his/her face, arms or tummy. Make a pattern out of your breathes and watch him/her react and anticipate • Show baby pictures of faces • Talk to your baby