

F R O M
DAY ONE
B A B Y K N O W S






From Day One the little things you do can make a big difference in your baby's life. Holding, touching, talking, playing, reading, for example, are activities that are fun and very important for your baby's development. This kind of close one-on-one attention helps your baby's brain and all your baby's senses to develop.

What's more, your baby has a language all its own. This book helps you to understand that language. The more you understand the better you will be able to communicate with your baby. The more communication you have with your baby from Day One, the stronger your baby's foundation will be for learning and loving in the years to come.



As soon as I'm born I can see and it's your face, mom and dad's, that are most special



Your baby's eyesight is well developed from birth. When you first hold your newborn face-to-face, your baby's eyes will open and search your face, almost saying "Is it really you?"

Your baby can focus on objects 8-14 inches away from her. This is just about the distance between her eyes and your face as you hold or feed her. This is no accident. Your face holds a very special attraction for your baby. Your baby is best able to focus when she is calm and alert. She is able to follow an object or face in an arc from one side of her body to another.

to me.



When it comes to reading you may think I'm too young; this is not the time! But it's

Your baby loves the sound of your voice. And your baby loves when you read to him. You may think your baby is too young, but even newborns love to be read to.

Holding your baby while you read means your baby can feel you while he listens to your voice. He likes when you pay special attention to him in this way. And hearing words and your voice helps your baby to understand and learn language.

time! It's time! I love hearing stories, especially when they rhyme.



You may think "Peek-a-boo" is fun to play. I know! But did you know that playing

Your baby's brain has been growing very rapidly. At 6 months, your baby is becoming very smart. One of the new games baby loves to play is "peek-a-boo." Babies like this game because they are beginning to learn that an object still exists when they cannot see it. When you hide your face, a very young baby doesn't know you are still there. But an older baby will laugh hilariously during peek-a-boo, celebrating the fact that she is "in on the joke". Babies love to learn games of this sort. Place a toy under a blanket, watch your baby lift the blanket to uncover the toy. Babies love their new discoveries. Have fun with your baby.

also helps my brain to grow.



And I love when you comfort me. It's good for my health. And one very nice way to

Parents spend a lot of time figuring out how to comfort their babies. But, most babies can also comfort themselves. They will bring their hands to their mouths and suck on their fingers. Babies use sucking on their fingers to comfort themselves and to stay under control.

You can help your baby develop a pattern of self-comforting. Place your baby in a position where she can find her fingers; provide her with her usual blanket or soft toy; help her nestle into her usual corner of the bed; give her a pacifier. When babies find their own ways to comfort themselves, they will go back to sleep in the middle of the night without your help.

comfort me is to let me comfort myself.



I can speak clearly even though I don't say a word. My language is my behavior and oh

Sometimes parents wonder if there is a real person in there, and wonder what to do with such a small human being.

Your newborn baby is equipped with a language all his own. Baby communicates through his behaviors. If you pay attention you'll find you can understand him. Your baby has all the skills needed to begin to discover and understand her new world. Observing and understanding these behaviors will start you on the journey to a loving relationship with your baby.

Your baby is most ready for your attention when his eyes are wide open, bright and shiny. Babies send signals to make their needs and wants known. They'll tell you when they are ready to play and when they have had enough. You can encourage your baby to learn to pay attention during these times by talking to him and looking at him when you speak. When baby pauses from sucking during feeding, he's communicating with you; he is really wanting you to look at him, talk to him, or cuddle him.

After "tuning in" to you or another interesting object, you will notice that your baby will "turn out." This is his way of saying that he needs a break or has had enough for a while.

Your baby will smile around 2 months of age and will actually coo to you as if trying to say something. This is a great reward for parents.

how it shows! I talk with my head, face, eyes, mouth, arms, hands, fingers, and toes!

Your baby is in the process of discovering that she can do something on purpose to make something else happen. She is beginning to understand that she can have some control over her surroundings. This leads to the development of self-esteem.

Watch your baby when she is in a high chair; she may drop a spoon over the side and look to see where it has gone. She listens for the sound it makes as it hits the floor. She watches to see if an adult will come to pick it up. She is delighted by all the things she was able to cause to happen by her action of dropping the spoon. She is learning that she is a capable person!

Baby loves the sound she can make by banging objects together. That sound makes her happy; she caused it to happen. Babies are so very curious. They learn by grabbing, mouthing, throwing, and banging.

exciting it seems.



If you find I keep crying at the end of most everyday, this is probably not serious

Most babies cry long and often. Sometimes this crying is a fussy period at the end of the day – from 5 p.m. to 10 p.m. When this happens, baby is trying to organize all the stimulation she receives throughout the day. This is normal and occurs when baby is 3 to 12 weeks old. Crying is your baby's way of adjusting to the world.

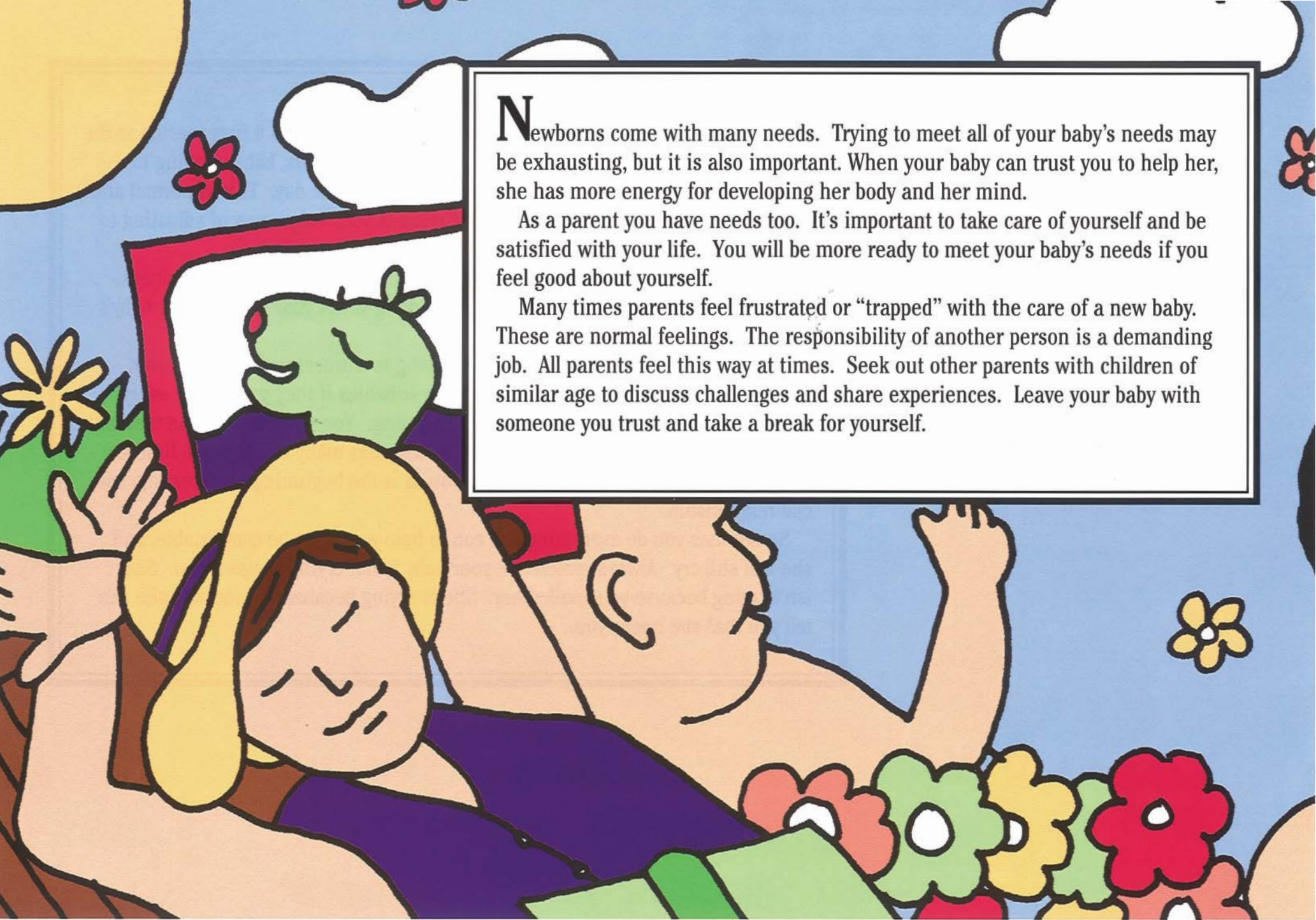
Babies cry for many reasons: boredom, pain, discomfort, hunger, tiredness, letting off steam, wanting to be near you. Crying is not your fault or your baby's fault.

Finding out the best way to quiet this crying is a process of trial and error.

Many parents wonder if they will spoil their babies if they go to them every time they cry. You cannot spoil a baby this young. You want to send the message that your baby is loved and cared for. Your baby has many needs these first few months. When these needs are met by you, it is the beginning of a trusting, special relationship.

Sometimes you do everything you can to help your baby be comfortable, and she will still cry. Always remember, your baby is not crying to upset you. She isn't crying because you spoiled her. She is crying because it's one way she can tell you that she needs you.

and will soon go away.




Newborns come with many needs. Trying to meet all of your baby's needs may be exhausting, but it is also important. When your baby can trust you to help her, she has more energy for developing her body and her mind.

As a parent you have needs too. It's important to take care of yourself and be satisfied with your life. You will be more ready to meet your baby's needs if you feel good about yourself.

Many times parents feel frustrated or "trapped" with the care of a new baby. These are normal feelings. The responsibility of another person is a demanding job. All parents feel this way at times. Seek out other parents with children of similar age to discuss challenges and share experiences. Leave your baby with someone you trust and take a break for yourself.

I may be only a baby, but I know this is true - one of the best things you can do for me is to take good care of you.

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