

# Use this one for January

10 Ways to Give Your Baby  
a Great Start in Life

What you do with your child in the first years of life will greatly impact adulthood. Below are 10 ways to get your child off to a great start!

- 1. Hold your Baby:** Loving touch is a powerful way to stimulate positive mental, physical, and social development.
- 2. Respond to Your Baby's Signals:** Try to understand what your baby is feeling or telling you through facial expressions, movements, or sounds. Sensitive response build a child's sense of trust, personal attachments, and self-esteem.
- 3. Fill Your Baby's Day with Language:** From Infancy children absorb sounds around them. They learn to recognize particular voices, sentence rhythm, and word meanings.
- 4. Play With Your Baby:** Have fun together! The greatest gifts you can give your child are your time and attention.
- 5. Establish Routine Schedules:** A child enjoys the security of certain routines such as a reading time or bed time stories.

**6. Encourage Safe Exploration and Play:** As Your child grows, provide safe ways to experience the world. Introduce a variety of tastes, sights, sounds, and things to touch.

**7. Give your Child a Healthy Start:** Make sure your child has regular check-ups, up-to-date immunizations, plenty of rest and a well-balanced diet.

**8. Recognize That Each Child is Unique:** Every child has individual temperaments, talents, appearances, growth and development patters. never compare children.

**9. Emphasize the Positive:** Say positive things to your child. Affirm your child strengths to encourage self-esteem.

**10. Take Care of Yourself:** If you are tired, unhappy, or irritable, your child will suffer. Get enough rest, maintain supportive relationships, add interesting experiences or hobbies to your life!

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