

Baby Steps

Baby Steps
to my development
When I am ready to play

Let me explore
in a safe space. I
need to have a
chance to play
on my own.

Sing, hum, and
dance with me. I
like the
interaction, and
the rhythm, and
music is good
for my brain.

Narrate your life
to me. Tell me
about what we
are doing
together. You
may feel silly, but
it teaches me new
vocabulary and
makes me feel
included.

Keep me in the
middle of things. I
like to be where
the action is so
that I can learn
about the world.

Have me practice
"tummy time".
Even though I
may not like it, it
is important for
me to practice so
that I can gain
core strength to
crawl and walk.

Read to me; it
helps my
language and
social
development .

Give me face to
face time. It
provides me
training in
tracking objects
and learning
expressions

Give me a
mobile to look
at when I am on
my back. I
particularly like
bright colors
and black and
white.

Make silly faces at
me. Stick your
tongue out.
Imitate my
sounds. This
teaches me how
to read facial
expressions, and
learn social cues,
and expands my
vocabulary..

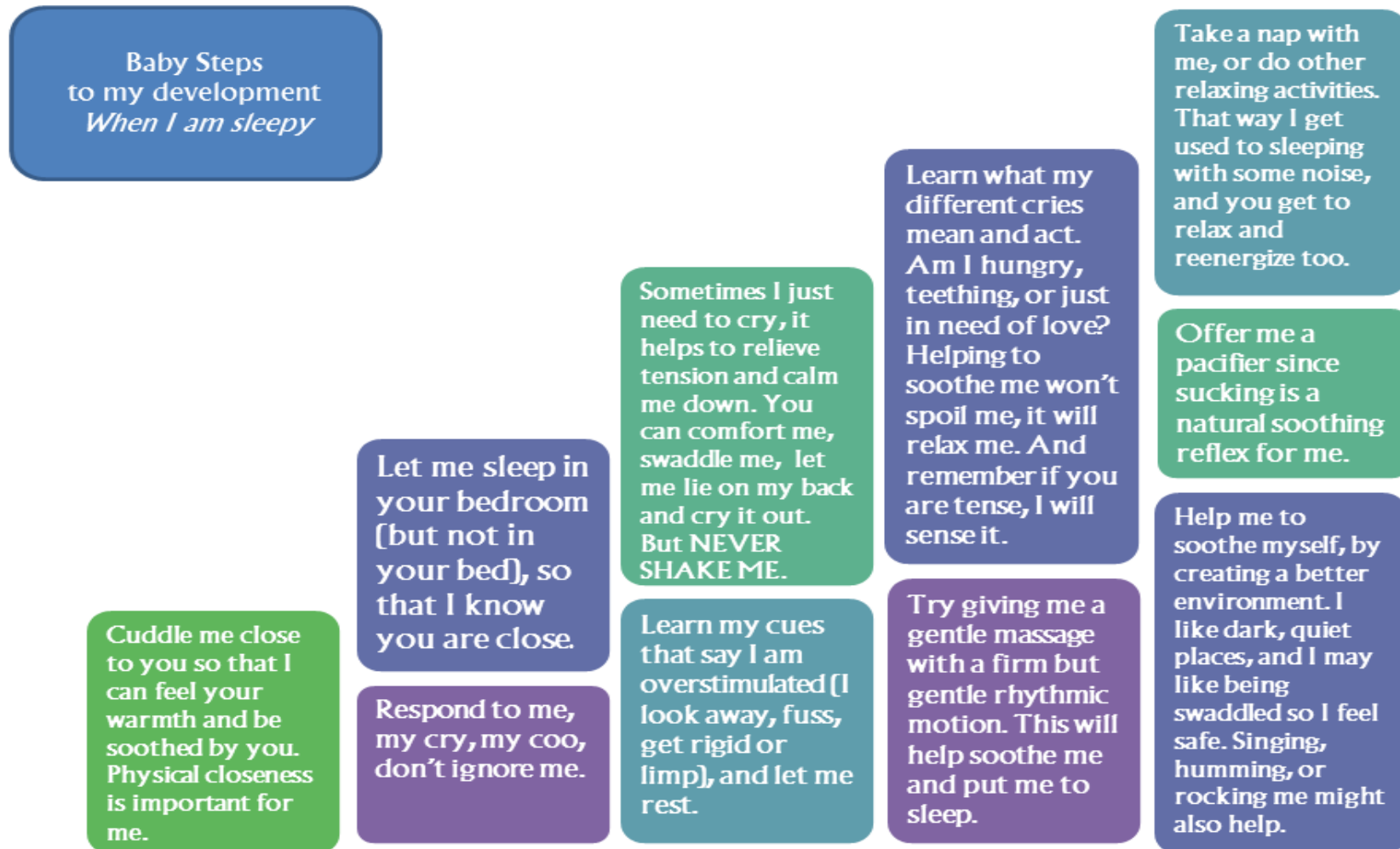
Let me touch
and feel the
world around
me, different
fabrics, and
surfaces teach
me tactile
lessons.

Help me to
kick my legs
and arms by
pushing off of
you so that I
can practice
using my
muscles and
understanding
how they work.

Reading to children regularly, from an early age, helps children learn new words, grasp language, have a larger vocabulary, and do better in school.



Baby Steps



Remember, preemies develop along the same path as full term infants but at a slower rate. Even after leaving the NICU they may continue to be more sensitive to overstimulation.