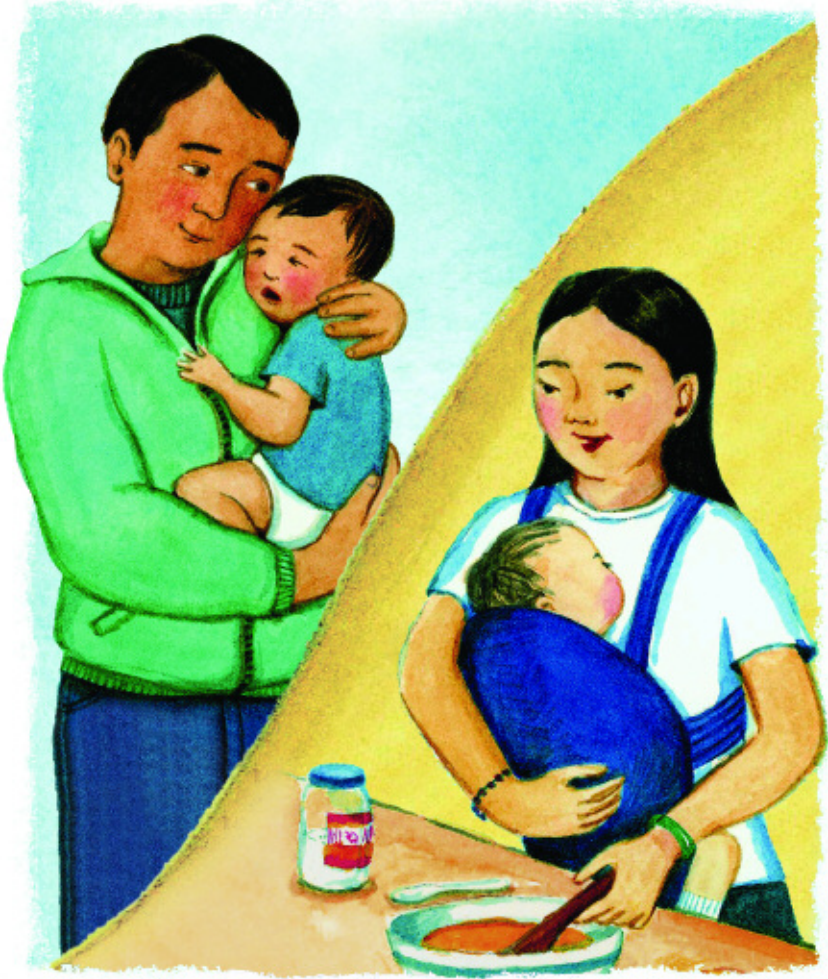


Baby Wants...



best start
meilleur départ

by/par health **nexus** santé



Baby Wants...

Your child needs lots of care. All the little things you're going to do for your baby will affect his development. Even when your baby is very young, he has needs, and that's where "Baby Wants..." can help.



Baby wants... to be comforted

Your child needs you to comfort her whenever she is sick, tired or just cranky. When a baby cries, they are letting you know they need you. Pick up your baby, say soothing things to her and cuddle her. You won't spoil your baby. Even if your baby does not stop crying right away when you try to comfort her, you are still letting her know you have heard her, she is important to you and you are there for her. This builds her sense of security and trust.



Baby wants... to play

Your infant learns by playing. Babies find out about the world around them and learn about themselves.

You don't need to have all the toys you see in magazines or on TV. The simplest games are often the most fun. Babies love playing with plastic containers, pots and a wooden spoon. "Eensy weensy spider" and "Peek-a-boo" are lots of fun for children and parents. You'll both laugh!



Baby wants... to be read to

It's never too early to start reading or telling stories to children, even newborns. Reading books or talking about pictures at bedtime or at other times of the day should be part of a baby's routine.

Newborns who hear the words of a story are already getting their brains ready to learn words and sentences! And babies love touching books, with their exciting pictures.



Baby wants... to be sung to

Sing nursery rhymes to your baby, sing in the car or sing at home with actions. Your baby will love it! And you don't need to have a good voice. Babies simply like hearing the sound of your voice. There are lots of books of nursery rhymes and songs for babies, but most of us already know some from our childhood. Ask other parents about their favorite children's songs, borrow CDs from your library or even make up your own.



Baby wants... to learn to talk

Babies who hear people speaking are already learning sounds, words and sentences. Explain to your baby everything you're doing:

- "Mummy is peeling the potatoes."
- "Daddy is changing your diaper so you'll be all clean."
- "Look, your aunt and uncle are here to visit!"
- "Catch the ball," and so on.

When you go grocery shopping, talk to your baby about what you see. Saying all these words is an active way of preparing your baby for a good start in life. And learning to talk is the basis for success at school!



Baby wants... to learn your language

Babies may begin to learn two languages right from birth. Learning two or more languages is not only a skill for later life, but can also help your baby to be connected to his family, his culture and other cultures. Toddlers who are starting to talk may mix up the two languages a little, this is normal. Over time, children will learn to speak well in the languages they are exposed to. It is important to provide lots of opportunities in both languages.

Here are some suggestions that may help your child use two languages in daily life:

- Visit your local library and ask for books or tapes in the languages you speak in your home. Read these books to your child.
- Participate in community events and programs that celebrate your language and cultural heritage. Many Ontario Early Years Centres offer resources in many languages and opportunities to meet with others from your community that share your language.
- Join parent groups where your language is spoken or start your own group.

Remember, the best thing you can do to help your child learn two languages is to talk, sing, read and play in the language that comes most naturally to you. You will help your baby feel proud of your language and culture.



Baby wants... to be taken care of

- Make sure your baby is safe by watching over your baby and putting away dangerous objects. Teach words like “Stop”, “That’s hot”, “Hold daddy’s hand”.
- Take care in your everyday activities:
 - Wash your hands and your baby’s hands before meals.
 - Make sure the baby is properly buckled into the car seat.
 - Include baby at mealtimes as it is a wonderful social time for your baby and the whole family.
 - Whenever you get a chance, take your baby outside.
 - Don’t smoke or let others smoke around your baby, etc.
- Talk about your baby’s health with a community health nurse, with your family doctor or with the pharmacist. They can give you advice.

Most importantly, don’t forget your baby needs you in all sorts of ways to develop. Each child has his own pace of development and you need to watch your baby and get to know him very well so you can meet his needs.

Baby wants parents who love him!

For more information:

Ontario Early Years Centres
ontario.ca/earlyyears

Healthy Babies Healthy Children Program
A prevention and intervention program
available through all Ontario public health units
ServiceOntario: 1 800 267 8097

Preschool Speech and Language Program
www.children.gov.on.ca/htdocs/English/topics/earlychildhood/speechlanguage/locations.aspx



by/par health  santé

www.healthnexus.ca | www.beststart.org

*This document has been prepared with funds
provided by the Government of Ontario.*