



PHAROS

P A R E N T I N G

10 Things Every Child Needs

Interaction

- Respond quickly to baby's needs
- Speak in a soft, slow voice
- Be involved in child's play

Touch

- Massage your infant
- Rock your baby
- Hold your baby while feeding

Safety

- Create a safe and healthy home environment
- Lock up cleaning supplies and medications
- Keep your child in a rear-facing car seat until age 2



Stable Relationship

- Be predictable, nurturing, and calm when interacting with your baby
- Be a loving, consistent presence for your baby
- Children who have a stable relationship with their caregiver may learn at a faster rate, feel better about themselves, and make friends more easily

Self-Esteem

- Recognize and celebrate that every child is unique from birth
- Praise your child with positive feedback
- A strong sense of self is the foundation for healthy development

Quality Care

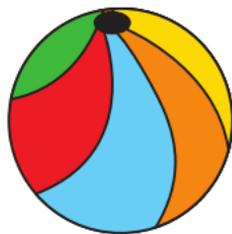
- Take an active role in selecting the best possible childcare option
- Visit the childcare center with your child to determine their comfort level
- Make unannounced visits to your childcare center

Communication

- Talk to your baby early and often
- Use broad vocabulary
- Answer your baby's coos
- Use positive non-verbal expressions such as smiling back at your baby

Play

- Get to know your child through play
- Be silly and have fun with your child
- Incorporate play into your routines



Music and Reading

- Sing, clap, rock, and dance with your baby
- Music stimulates brain development
- Start reading early. Make it part of your routine

NURTURING ROUTINES

You can begin to establish nurturing routines the moment you bring your baby home! A nurturing routine helps establish consistency, positive self-esteem, positive self-concept, trust, and empathy.

Bath Time

- Keep bath water warm - not hot
- Maintain a consistent bath time when possible
- Always keep a hand on baby while bathing
- Make bath time fun - encourage play
- Communicate with baby - "I am going to wash your hair."
- Use mild soaps and shampoos



Bedtime

- Establish consistent nap and bedtime during baby's early months
- Start bedtime with a clean diaper
- Dim lighting
- Read your baby a story
- Sing lullabies
- Snuggle and rock your baby
- Massage to increase relaxation



Diapering and Dressing Time

- Create a calm and clean diapering area
- Keep baby warm while changing
- Begin and end each diaper change with a hug
- Soothe a fussy baby during changing time
- Take your time
- Be silly
- Smile at baby
- Choose comfortable and non-restrictive clothing



Feeding Time

- Provide your baby with a comfortable eating environment
- Cradle your baby while feeding
- Make eye contact
- If bottle-feeding, hold the baby's bottle yourself
- Keep baby skin to skin while breastfeeding or bottlefeeding
- Encourage self-feeding around 9-10 months
- Allow toddler to reject food



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