







Get closer to your children and learn more about their nutrition!



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INFANT DEVELOPMENT FROM 6 MONTHS TO 2 YEARS

	6 Months	1 Year	1 Year and a Half	2 Years
Motor Development	<ul style="list-style-type: none"> - Lifts their head - Prepares for crawling 	<ul style="list-style-type: none"> - Crawl - Stands up and takes a few steps 	<ul style="list-style-type: none"> - Start walking - Learn to climb stairs 	<ul style="list-style-type: none"> - You can walk and run with more confidence
Cognitive	<ul style="list-style-type: none"> - Attends to visual and sound stimuli 	<ul style="list-style-type: none"> - Has a favorite toy - Increases independence and curiosity 	<ul style="list-style-type: none"> - Shows more interest in books and toys 	<ul style="list-style-type: none"> - Realizes that they are capable of doing many things on their own
Language	<ul style="list-style-type: none"> - Communicate with tears and smiles 	<ul style="list-style-type: none"> - Says their first words 	<ul style="list-style-type: none"> - Starts putting words together but makes mistakes frequently 	<ul style="list-style-type: none"> - Begins to form sentences although they often 'stumble' and are not able to express their thoughts
Social	<ul style="list-style-type: none"> - Dependence on parents and close people 	<ul style="list-style-type: none"> - Shows more interest in groups 	<ul style="list-style-type: none"> - Losing attachment to parents, seeks to play with other children. 	<ul style="list-style-type: none"> - Start interacting more with other children
Nutrition	<ul style="list-style-type: none"> - Introduce solid foods - Continue feeding with breast milk 	<ul style="list-style-type: none"> - Your baby should be getting 3 small, healthy meals a day. 	<ul style="list-style-type: none"> - Water (4 to 8 ounces per day) and whole milk with vitamin D and calcium (1 2/3 to 2 cups) 	<ul style="list-style-type: none"> - They should eat three healthy meals a day.

Tips for parents



Babies (0 months to 1 year):

Here are some things you, as a parent, can do to help your baby at this stage:

- Talk to your baby. Your voice will calm them.
- Respond when they make sounds by repeating the sounds and adding words. This will help the baby learn to use language.
- Read to them. This will stimulate them to create sounds and understand language.
- Sing and play music. This will help them begin to appreciate music and will also help brain development.
- Praise what your baby does and give them lots of love.
- Every baby is different. It is important to watch for hunger and satiety signals.



How do you know when to introduce solid foods to your baby?

- Your baby has head and neck control
- Sits upright
- Is at least six months old
- Moves their tongue more, for example taking food from a spoon and swallowing
- Has more appetite
- They are interested in the food on their plate

For more CDC tips for positive parenting, scan this code



Parenting, emotional well-being, and mental health*



Validity of emotions: Recognize and accept your feelings of frustration. Don't judge yourself for feeling this way. It's natural to experience ups and downs in parenting and it's important to allow yourself to feel and express your emotions. For example, going to a new parent support group can help you connect with other parents who are feeling the same way.



Open communication: Talk about your feelings with your partner, close friends, or other parents you trust. Often, sharing your worries and challenges can help you feel understood and less alone in your experiences.

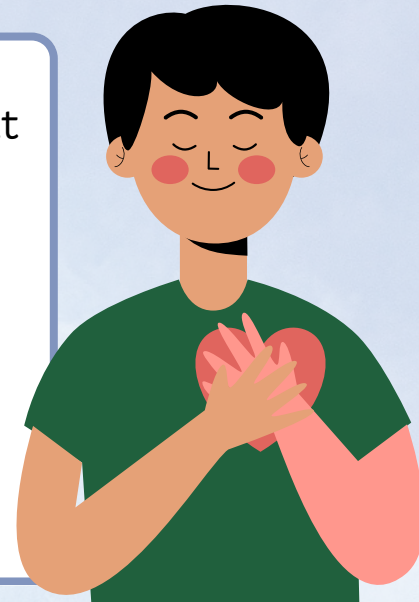
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*Recommendations by Muriel Casamayor, Associate Marriage Family Therapist

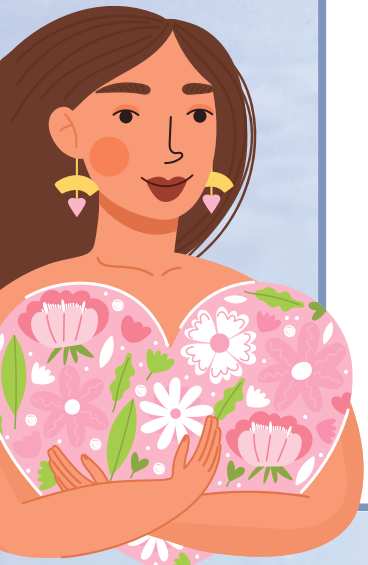
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Self-care: Take time to take care of yourself. Find activities that help you relax and recharge, whether it's exercising, tending to your plants, dancing, reading a book, or pursuing a hobby you enjoy. The better care you take of yourself, the better able you will be to meet the challenges of parenting. You can also practice this with your partner.



Long-term perspective: Remember that parenting is a journey full of ups and downs, and each child develops at his or her own pace. Keep a long-term perspective and recognize your child's small achievements and progress along the way.



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Baby Exercises



6 months
Core Exercise

- Sitting on a bench (crawling, sitting, or walking) helps strengthen your pelvis for 2 to 5 minutes.
- You can make it more difficult by moving them right, left, back and forth, and doing circles.

Note: At this point, when you begin these exercises, the baby should be able to lift his head.



Scan the QR code
to see video
examples



1-year
Crawling
exercises

- Quadruplet Rocking: All of the following should touch the ground with your ankles, knees on the ground, and arms. It should imitate the crawling position. Grab the baby by the hips and hold them with your hands and slowly rock them back and forth. Their shoulders should go over your wrists. This helps build stamina while crawling.



Baby Exercises



1 year 1/2
Squat

Bending over - Basic exercises:

- This will help babies strengthen their thighs, core, and hips. This will generally help them learn to get up and walk.
- Place the baby on a stool and teach him to sit, stand up and move back. Have objects that require standing on hand. Also, store objects so that they have to shift their weight forward.



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examples



2 años

- Take longer steps to gain strength and balance.
- Place different colored objects on the floor and have a baby step on them to keep them balanced as they take the step. This works to increase stride length and also balance.

