

All-Ways GROWING

A Baby Book
provided to you
by the
collaborative efforts
of Macomb's
Early Childhood
Community



Macomb Intermediate School District
www.misd.net

Here's a place for Baby's picture

Baby's Name _____

Baby was born on _____
date

At _____
place and time

Length _____ Weight _____

All-Ways GROWING



Your Guide to the First Six Years

PLEASE NOTE:

In order to avoid the sometimes awkward he/she referencing of a child or a baby, we have chosen to simply alternate the pronoun gender reference throughout the book.

Dear Parent,

Congratulations on the birth of your new baby!

From the moment of conception your child begins an amazing and constant journey growing and developing. These moments of body and brain growth are the most rapid and the most important that he will ever experience. In fact, research has shown that your child's brain develops more rapidly before the age of one than at any other point in his life. 80% of your child's brain will be developed by age three!

A home that is nurturing and rich in love and support not only lays the foundation for future learning, but it serves as the building block that will help your child reach his full potential. By talking, reading, singing, and telling stories to your child, you are doing far more than building on his language skills. You are helping him to develop healthy emotional and social skills that he will use his entire life. Remember, there will be many teachers in your child's future, but none will be as important as you.

All-Ways Growing is designed as both a place for you to store precious memories of your baby's early childhood as well as a guide for information on developmental milestones and activities to support your child's development. Every child is unique and will develop at his own pace. These are some helpful guidelines for you to follow as your child grows. If you have questions or concerns about supporting your child's development or about parenting in general, please call your medical provider and/or one of the organizations listed in this book. When it comes to infants, toddlers, and preschoolers every question is a good one!

Have fun and enjoy these first six years.

Your Editors,

Anne Dallaire and **Julie Lagos**, *Early On*[®], Macomb Intermediate School District

Sue Javid, Great Parents Macomb, Macomb Intermediate School District

Joan Zech, Macomb County Health Department

Mary Frontiero, Michigan State University Extension Community Coordinated Child Care (4C)

REMEMBER. . .

Your Baby Needs:

- To be cuddled, snuggled, and patted
- To see smiling faces
- To be fed and burped gently after feeding
- To be dry and warm
- To hear her parents speak softly
- To have you look into her eyes
- To hear you sing softly
- To hear you share picture books with her
- To be held closely
- To sleep on her back
- To have her head supported for her
- To experience love, kindness, and sweetness
- To feel your gentle touch
- To have a smoke-free environment

“Back to Sleep” means that healthy babies sleep most safely on their back. Always put your baby to sleep on her back.

THE SIDS Foundation reports that there are two ways to reduce Sudden Infant Death Syndrome, also known as SIDS or crib death:

Only put your baby in a crib that meets the Consumer Product Safety Commission’s crib safety standards. Do not put pillows, quilts, bumper pads, toys, or anything else into the crib. They are all potential suffocating hazards. The crib is for the baby only.

For more information on Safe Sleep, call the Macomb County Health Department 586-573-2210.

Don’t forget to provide safe, supervised tummy time for your baby when she is awake. She needs time to explore from that point of view and to move her arms, legs, and eyes while she’s on her tummy wide awake.

Baby’s Medical Provider _____

Office Phone _____ After-hours Phone _____

So Much to do . . .

If you need breast-feeding advice, call your medical provider or the Macomb County Health Department at 586-465-8090. If you have limited income and need nutritious food for yourself and your baby, contact the Macomb County WIC office at 586-469-5471.

Always put your baby in a rear-facing car seat in the back seat of the car, no matter how short a distance you plan to travel. Call the Macomb County Child Passenger Safety Office at 586-412-3398 for car seat safety questions or to learn where you can have a car seat checked for safe installation.

Your baby's birth certificate is a document you will need throughout her early years and beyond. You can call the Macomb County Clerk's office to obtain information on requesting a copy of your child's birth certificate, 586-469-5120 ext. 2. There is a fee.

Your child will also need to have a Social Security number. If that was not applied for in the hospital or the time of your baby's birth, you can do so at the Social Security Administration Office nearest your home. The toll free number for the Social Security Administration is 1-800-772-1213 or you can find the nearest office by entering your ZIP code where indicated when you visit the SSA website at www.socialsecurity.gov. There is no fee for obtaining a Social Security card.

If your baby had a Newborn Hearing Screening in the hospital where she was born, perhaps you were told to have a re-test. This hearing re-test can be obtained at no cost through the Macomb Intermediate School District's Assessment Center. You can call 586-228-3321 to schedule an appointment.

Post-partum depression affects some women after giving birth. If you are feeling hopeless, helpless, overwhelmed or unable to cope with the stresses of a newborn, call the Macomb County Crisis line at 586-307-9100. More information on post-partum depression can be obtained from Tree of Hope at 586-777-0142. There is no fee.

If you are returning to work soon after the birth of your baby, advice and resources for obtaining quality child care can be obtained from Macomb County MSUE-Community Coordinated Child Care (4C) at 586-469-6993. Please see page 7 for more information about returning to work.

IN CASE OF EMERGENCY DIAL 911

Poison Control 1-800-222-1222

Tips to Help Parents and Baby Cope with Crying

Babies cry because they need something. Maybe he is too hot, too cold, hungry, bored, tired, sick, over-stimulated, wants to change positions, can't move his bowels, needs to burp, or for other reasons. Parents can get very frustrated if they have not yet learned to recognize which cry means what. No matter what, babies can never be shaken. Their little brains are not yet solidly formed and shaking could cause severe, permanent injury and even death. If frustration is at its peak and there is no one to take over for you, safely place your baby in his crib on his back and walk to another part of the house to give yourself some time to take a break. Take a deep breath and remember that you are the grown-up and Baby is frustrated, too, because he can't tell you what he needs.

Here are some ideas that may help:

- Wrap your baby in a blanket to give him a feeling of being snug and secure. Some call this technique “swaddling the baby.”
- Cuddle your baby and rock him in a rocking chair
- Turn down the lights. Reduce the noise by turning down the radio or TV
- Walk with the baby
- Read a story or sing a song in a soothing voice
- Run the vacuum cleaner, humidifier or something else in the house to add background noise
- Massage your baby's back with lotion to calm him. Hold him gently, but firmly. Light touches or tickles may be more irritating
- Try changing his position. Try letting him look at something less stimulating, like a blank wall; or more stimulating, like a mobile.
- Play soothing music or play no music.
- Get help from someone you trust if you are feeling frantic, in a panic, or extremely frustrated. If you feel at your wit's end and have nowhere else to turn, the Macomb County Crisis Line number is 586-307-9100.

Never shake your baby.

Call the baby's medical provider if

- His cry is painful or continuous beyond two hours
- He is less than 2 months old with an axillary (under the arm) temperature of more than 100 degrees Fahrenheit

One Month

Who were your baby's first visitors?

What sounds soothe your baby?

Who does she look like?

What's your favorite time of day with your baby?

Developmental Milestones

- Moves arms and legs at the same time
- Raises head when lying on her tummy
- Jumps or startles at loud noises or sudden movements
- Watches your face when it is close to her

Help your baby grow



- Read with your baby everyday
- Hold your baby and rock her
- Talk and sing to her; imitate the sounds she makes so you two are having a conversation

- Place colorful pictures or toys where she can see them (but not in the crib)
- It's never too early to start good oral hygiene. Clean your baby's mouth and gums with a soft cloth or infant toothbrush.

Remember



- Time for a check-up. Contact your baby's medical provider to make an appointment. Ask about immunizations (shots) she might be needing in the next few weeks. This will be a great time to ask any questions you have now that you have had her at home for awhile.
- The safest place for your baby to sleep is on her back in a crib with nothing else in the crib with her. If your baby uses a pacifier be sure you do not attach it to a string or any other holding device. That would cause a potential for strangulation or choking.
- Consider taking an infant CPR class. Talk to your baby's medical provider or your hospital.

Good Books



Begin reading to your baby right now. Even though she might not understand the words, the sound of your voice and the closeness you share are important for her development and sense of being loved

- Goodnight Moon* by Margaret Wise Brown
- My Love for You* by Susan Roth
- One Beautiful Baby* by Martine Osborne

Helpful Resources

Great Parents Macomb

1-866-4 MACOMB

For parenting information and family activities in your community

TWO Months

What are your baby's favorite songs?

How big is baby?

Length _____ Weight _____

What do you do together when baby is awake?

What can he do this month that he wasn't doing last month?

Developmental Milestones

- Turns head from side to side when lying on his tummy
- Watches and follows you with his eyes
- Smiles when talked to
- Makes different sounds

Help your baby grow



- Read with him every day. While he is having tummy time, set the books up where he can see them. Heavy cardboard or vinyl books are good for this age and purpose
- Place an unbreakable mirror next to the changing table. Talk to your baby about seeing himself in the mirror during changing time
- Gently shake a rattle or bell by your baby's ear, then move it to the other ear and do it again. See if he moves his head to find the sound
- After bath, gently massage your baby's body with baby lotion. Stroke, pat, and rub him

while you talk in a soft voice.

- While he's lying on his back on your lap or on the changing table, pull him slowly and gently into a sitting position to help him gain control of his head and neck. Gently ease him back down. **Do not** leave him propped up in that position.
- Sing songs like "Twinkle, Twinkle Little Star"; "Old MacDonald"; "If You're Happy and You Know It"
- Take time for yourself: read your own book or magazine; talk to a friend on the phone, or take a bubble bath. Recharge your own battery so you can be the best for yourself and your baby.
- Consider enrolling in an Infant Massage class through a local hospital or community education. Check with your medical provider for classes in your area.
- Call Great Parents Macomb at 1-866-4 MACOMB to learn about parenting activities in your community or check their website at www.migreatparents.org

Remember



- It's time for the two-month check up with your baby's medical provider.
- Check with the Macomb County Health Department for their immunization (shot) schedule or use the Public Health Nurse Resource line at 586-469-5520
- Keep a smoke-free home and car for your baby. Babies exposed to second-hand smoke have a higher rate of SIDS and are sick more often with throat infections, ear infections and asthma.
- Never leave him unattended on the changing table, sofa, or any other surface. He is moving more now and can fall easily.

Good Books



I Love You This Much by Laura Krauss-Melmed
Sleep, Baby, Sleep by Michael Hague
Sugar Pie Honey Bunch/Motown Baby Love
Board Books photography by Charles R. Smith, Jr.
Baby in a Car by Monica Wellington

Going Back To Work

- Contact the MSU Extension – Macomb 4C office for a listing of available child care providers, or ask other parents for recommendations.
- Visit the child care center or home you think you will be using and interview the provider. Contact MSU Extension – 4C for a “Parent’s Checklist to Choosing Quality Childcare.” This list will give you some hints to help you make a good choice.
- Make sure you feel good about your baby’s caregivers and the place your baby will go each day.
- Under the Freedom of Information Act, you can check to see if there are any complaints against a child care provider by calling 517-373-3598 or logging on at www.michigan.gov/dhs. Look under “Online Look-ups” and click on Day Care Centers and Homes. Violation reports may be found at the bottom of the provider’s information page.
- Ask to speak with other parents about their experiences with the child care provider.
- Prepare yourself mentally. Take some time to think about the positive reasons you are returning to work. Also think about how you will feel when you leave your baby for the first day, and how you will handle these feelings. This will make your first few days easier.
- If possible, return to work in a gradual manner by working a few hours or a few days at a time.
- Make a list of things the baby will need each day at child care. Shop ahead and have a good supply of the basics on hand such as diapers and formula.
- Write out a time schedule for bedtime the night before. Decide what time to get ready to leave and include time with your baby, if possible.
- Give your caregiver a written list of things about your baby, including eating and sleeping routines, sleep positions, activities the baby enjoys, and how your baby lets you know what she likes and needs.
- Put a photo of yourself and other family members in with the baby’s belongings to take to child care.

Three Months

Does your baby have a favorite toy, blanket or other item?

How about a favorite game?

What does your baby do to get your attention?

Here are some other ideas for games you can play with him.

Peek-A-Boo

Pat-A-Cake

When baby coos and babbles, do it back to her

Developmental Milestones

- Holds her head up.
- Lifts her head and chest when lying on her tummy.
- Squeals, coos, chuckles.

Help your baby grow



- Read board books so that your baby can hold, taste, and touch them.
- Place your baby on a blanket on his tummy when he is aware. Shake a rattle in front of him. Move the rattle up and down slowly as baby watches so he can practice lifting his head and shoulders.

- Place your baby in an infant seat or carrier where she can see and be a part of family activities.
- Hold baby with his head on your shoulder and walk around the room, talking with him about what he sees. Try this outside, too.
- Sit near baby and slowly creep your fingers toward her. Then quickly and gently tickle her.
- Do not put your baby to bed with a bottle or allow her to nurse continuously from the breast. Putting baby to bed with a bottle can result in ear infections. Mother's milk, cow's milk, and juice have natural sugars that can put your baby at risk for severe dental decay.

Remember

Call your medical provider if:

- There is a change in your baby's behavior unusual crying, continuous crying and baby can't be comforted, or baby is listless and much less active.
- There is blood in baby's urine or stool or your baby vomits blood.
- There is a change in your baby's breathing and color or there is wheezing.
- Your baby has had a lot of vomiting or diarrhea and now cries with no tears and has not had a wet diaper for 4-6 hours.
- Your baby vomits forcefully—not the usual spitting up.
- Your baby has a temperature of 101 degrees Fahrenheit or above.

Good Books



Peekaboo Baby by Margaret Miller

Welcoming Babies by Margy Burns Knight

I Love to Cuddle by Carl Norac

Four Months

What kind of sounds is your baby making?

What new things can your baby do?

How big is baby?

Length _____ Weight _____

Developmental Milestones

- Pushes up on arms while on tummy.
- Follows objects with her eyes.
- Grasps objects, plays with hands.
- Begins babbling and practicing sounds.

Help your baby grow 

- Read with you baby every day.
- Read or say nursery rhymes to your baby such as “Jack and Jill Went Up the Hill” and “Hey Diddle Diddle the Cat and the Fiddle.”
- Help him roll from tummy to back, tucking his arm under his chest and supporting his head.
- Play peek-a-boo. Count and kiss his fingers and toes.

- Gently pull a long scarf across the palm of baby’s hand. Encourage him to catch and hold it.
- When baby makes different sounds, talk to him about what you think he is trying to say.
- Children with healthy teeth chew food easily, learn to speak clearly and smile with confidence. Start you child now on a lifetime of good dental habits by cleaning baby’s mouth with a soft cloth or infant toothbrush.

Remember



- Time for a check-up. Contact your medical provider.
- Now that baby is getting more active and is able to hold things, you need to “childproof” your home. Get on your hands and knees and look for anything small enough for your baby to pick up and put in her mouth.
- Your home should have a smoke detector on each level (basement, main floor, upstairs)
- Consider purchasing a Radon detector and a CO₂ detector as well.
- Keep all household cleaners in a high cabinet and remember never to leave standing water in a bucket when you are cleaning.

Good Books



Counting Kisses: A Kiss and Read Book

by Karen Katz

Babies by Ros Asquith

I Love Animals by Flora McDonnell

Helpful Resources

Early On

If you’re concerned about your baby’s development, no cost developmental evaluations are available. Call Macomb Intermediate School District Early On at 586-228-3331.

Parents' Memories

Use this page to record any special memories you may have, such as

- The first time your baby smiled
- The first time he grabbed your hand
- The first time she squealed to get your attention
- Write about how your baby's personality is developing, or paste a picture



Five Months

Listen carefully when your baby makes sounds and notice her gestures.

Does your baby laugh or chuckle softly?

Does she make high pitch squeals?

Does she react to toys or people?

Developmental Milestones

- Stretches out arms to be picked up.
- Brings his feet to his mouth and sucks on his toes.
- Reaches for objects.
- Makes sounds to get attention.

Help your baby grow

- Read with you baby every day.
- Before you pick your baby up, hold out your arms and say, “Come to Mommy (Daddy)!”
- Lay baby on her back. Put your hands under her feet and move her legs up and down, like pedaling a bicycle.

- Lay your baby on a blanket on his belly while he is awake. Place a few colorful toys within his reach. Notice which toys he reaches for and whether he can get them.
- Talk to your baby when he makes sounds. Take turns “talking.”
- When you take your baby out, talk about everything she is seeing. Respond to her sounds.
- Teeth will be coming soon. Remember, never put your baby to bed with a bottle of formula, milk, juice or sweetened liquids. Use only water in the bottle or give your baby a pacifier.
- Introduce new liquids, like water and juice, in a sippy cup or cup.

Good Books

- The Very Hungry Caterpillar* by Eric Carle
- Baby Dance* by Ann Taylor
- Everywhere Babies* by Susan Myers

Helpful Resources

If you have any questions on growth, development, learning, behavior, speech, physical impairments, or other concerns about your baby’s development, call Early On at 586-228-3331. This is a free service regardless of income level.



Six Months

How big is baby?

Length _____ Weight _____

Developmental Milestones

- Raises body up on hands.
- Sits with support/rolls over.

Help your baby grow



- Read, talk and/or sing to your baby every day.
- Help baby sit on a soft rug with a pillow behind her. Place a few toys in front of her so she has to bend and reach to pick them up.
- Say nursery rhymes and finger plays with him.
- Let your child have some cloth or cardboard books to play with. Save books with paper pages for lap time reading with an adult.
- From six months to age three, your child may have sore gums when teeth come in. Drooling, irritability, and diarrhea are common occurrences when a child is teething. Many children like to chew a chilled teething ring, cool spoon, or cold wet washcloth. Remember that plastic teething rings can wear out. Buy a new one often.



Remember



- Time for a check-up. Contact your medical provider.
- Your baby will be crawling soon. To prevent injuries, make sure you have safety covers in all outlets. These can be purchased in many dollar stores.
- Do not put your baby in a walker—they are not safe. Your baby is too mobile and can easily have an accident like falling down steps or pulling something over on themselves.
- Use exersaucers for only short periods of time. Babies need time on the floor to roll and sit and crawl to help them develop the muscles that will allow them to walk. Using an exersaucer may actually slow down your baby's development because they learn to push back which interferes with sitting. They don't learn to protect themselves when they lose their balance by putting their arms out to catch themselves—they let the exersaucer catch them. Babies need to know how to protect themselves when they practice walking.
- Remember to get on the floor yourself at baby's eye level to look for possible choking hazards.

Good Books



Finger Rhymes by Marc Brown
Moo, Baa, LaLaLa by Sandra Boynton

Helpful Resources

WIC

Nutritious food for families with limited income: 586-469-5471

Great Parents Macomb

Parenting tips and family activities in your community; 1-866-4 MACOMB

Seven Months

Does your baby turn to see when a loud noise occurs?

Does your baby look in the direction of your voice when you call?

What kinds of sounds is your baby making? (grunting, growling, deep-toned sounds).

What is your baby's favorite book? How can you tell she likes it so much?

Developmental Milestones

- Moves objects from one hand to another.
- Crawls on his stomach and tries to creep.
- Says sounds like “ga, ka, da, ba.”

Help your baby grow

- Read with your baby every day. As you read, point to the pictures. Give baby plenty of time to look and respond to the pictures. Talk about the pictures, “Oh, look at that red ball. Is that like your soft red ball?”
- Give baby a small toy to hold in one hand. After she has played with it for a minute or so, hold another toy up to the same hand. Try to

get baby to move the first toy to her other hand instead of dropping it.

- Help your baby get in to a hands and knees crawling position. Support him if necessary, and rock him slowly back and forth, reciting a nursery song or rhyme.
- **With your medical provider’s permission** let your baby try finger foods like dry cereal or pieces of banana. Remember, hot dogs and marshmallows are choking hazards and should not be offered to young children.
- If your child’s drinking water does not contain the ideal amount of fluoride, he will need a fluoride supplement. Fluoride helps protect your child’s teeth against decay and stops cavities in their early stages. **Ask your medical provider if your child needs fluoride.**

Remember

- Put away breakables within your child’s reach.
- Limit access to cords or objects that your baby can pull onto himself
- Keep bathroom doors shut when not in use.
- Always put the cover down on the toilet.

Good Books

Everywhere Babies by Susan Meyers
Pat the Bunny by Dorothy Kunhardt

Helpful Resources

Poison Control — 1-800-222-1222

Early On Macomb

If you have concerns about your baby’s development or hearing: 586-228-3331

Consumer Product Safety Commission

Lists toys and household products that have recently been recalled for safety/health reason:
www.cpsc.gov

Eight Months

If your baby pulls up on something, how long can he stand while holding on?

What words does baby seem to know the meaning of?

Developmental Milestones

- Sits well alone.
- Picks up a small object with her thumb and fingers.
- Stands for a short period of time holding on for support.

Help your baby grow



- Read with your baby every day.
- After you have been naming the pictures in your baby's favorite books for a few weeks, begin to ask, "Where's the ball?" Soon your baby will touch the picture of the ball.
- Sit with baby on a blanket or rug. Show some him a favorite toy. After you have his attention, lay the toy down beside or behind him. Encourage him to turn to find the toy.
- Help her practice pulling herself up using a safe object for support (sofa, stable chair, etc.)
- Allow your child to feed herself cereal rings. Check with your medical provider about finger foods right for your baby.

- Children mimic their parents. Make sure your baby picks up good oral hygiene when they mimic you. Encourage him to watch adults and older siblings caring for their teeth. Brush your baby's teeth at least twice a day—after breakfast and before bedtime. Use infant toothpaste or no toothpaste at all.

Remember



- Children under the age of three should not have any toys with small pieces that they might put in their mouths and choke on. If a toy can fit through an empty paper towel roll, it is too small.

Good Books



More, More, More Said the Baby by Vera B. Williams
All Fall Down by Helen Oxbury

Helpful Resources

Consumer Product Safety Commission

Lists toys and household products that have recently been recalled for safety/health reason:
www.cpsc.gov



Nine Months

A list of firsts

When did your baby get his first tooth?

When was her first haircut?

When was the first time he rolled over by himself?

When did your baby crawl for the first time?

Developmental Milestones

- Crawls or creeps.
- Makes two same sounds together like “ba-ba.”
- Carries out a simple direction like “wave bye-bye.”
- Enjoys nursery games.

Help your baby grow



- Read, talk and sing with your baby everyday.
- Get down on your hands and knees beside baby. Creep a little ahead of him, then turn and call for him to follow. Let him catch you often.
- Continue to read, talk and sing with your baby to encourage his language development.

- Practice giving your child simple directions, “Give mommy the ball.”
- Talk, talk, talk with your baby. Describe what she is doing, “You’re eating a big yellow banana!” Give her time to respond.
- Play simple nursery games like Pat-A-Cake.
- Keep your child’s gums and teeth healthy. Primary teeth (commonly called “baby” teeth) are very important for proper positioning of the permanent teeth. Each primary tooth reserves space for the permanent tooth that will replace it.
- Repeat sounds and words that baby makes, like ooh, ahh, ga, dadada.

Suggested Toys

- Balls
- Blocks
- Toys that roll and can be pushed or pulled
- Stacking toys
- Busy boxes
- Sturdy cardboard books

Remember



- Ask your medical provider or local health department to screen your baby for lead. Call Macomb County Health Department at 586-465-8090 to ask for information on lead testing. Lead is sometimes found in paint or plumbing, especially in older homes. It can cause severe problems for children, including brain damage and learning difficulties.

Good Books



Double Delights Nursery Rhymes by Mary Novick

Clap Hands by Helen Oxenbury

Ten Months

Is your baby a good eater?
What was her first solid food?

Does she have a favorite food?

Is there a food he definitely
doesn't like?

Which body parts can your baby
point to?

Has your baby spoken her first
specific word yet? What was it?

How old was your baby when she first
slept through the night?

Developmental Milestones

- Points to named body parts.
- Uses “dada” and “mama,” but not as specific words.

- Looks for hidden objects.
- Copies actions, remembers them and repeats them.

Help your baby grow



- Read with you baby every day.
- Help your baby learn to point to body parts by naming and pointing to parts on a doll, then on herself.
- Let the baby see you cover a toy with a blanket. Then ask, “Where’s the toy?” Ask the baby to uncover the toy.
- Respond to your baby’s talking. See how long you can keep a back-and-forth conversation going. For example, he makes a sound, you copy it, he makes another sound and so on.
- Visit your local library. Most have scheduled story times and activities: www.libcoop.net and www.cmpl.org

Good Books



Toes, Ears & Nose by Marion Dane Bauer
Fuzzy Yellow Ducklings by Mathew VanFleet



Eleven Months

What are your baby's favorite ways to play?

What are your baby's favorite toys?

What does your baby play if he is alone?

Developmental Milestones

- Stands alone briefly.
- Walks holding onto the side of the crib or walks along furniture.
- Holds a cup with both hands and brings a spoon to his mouth.
- Explores containers by lifting their lids, putting objects in and taking them out.

Help your baby grow

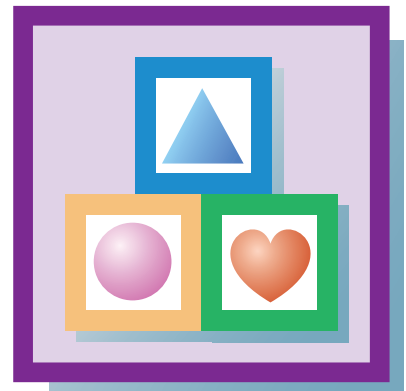
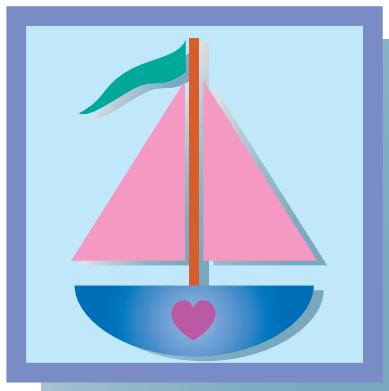


- Read with you baby every day.
- Reread your baby's favorite books over and over again.
- Provide him with stacking toys, blocks in a container, or kitchen objects like plastic bowls with lids.
- Allow your child to practice drinking from a cup and using a spoon.
- As baby's first birthday approaches, wean your child from a bottle or nursing. Encourage him to drink from a cup. If using a training (sippy) cup, avoid those with no-spill valves. Cups with valves do not allow your child to sip. The only way he can get liquid from a cup with a valve is by sucking (as from a baby bottle). This defeats the purpose, as it prevents your child from learning how to sip.
- Offer water from a sippy cup.

Good Books



What's That Smell? By Janelle Cherrington
Sally Sheep's New Nibbles by Debbie-Rivers-Moore



Twelve Months

One-year-old!



How big is baby?

Length _____ Weight _____

Developmental Milestones

- Stands alone well, walks with support.
- Says one word besides “ma-ma” and “da-da.”
- Creeps or crawls up and down stairs.
- Helps turn the pages of a book.

Help your baby grow



- Read with your baby every day.
- Milk and other fluids should now be given in a cup and not a bottle.
- Read and say nursery rhymes and poems together with your child. Pause before a rhyming word to give her a chance to say the missing word.
- Provide push-type toys that baby can push as he walks (bubble mowers, sturdy doll strollers).
- Praise your child when he uses words to talk to you.
- Your child should visit a dentist around her first birthday. Early examination and preventive care will protect your child’s smile now and in the future. Call the Tri-County Dental Health Council at 248-559-7767 or the Macomb Dental Society at 585-677-9178 for dental referrals in your area or names of dentists who accept Medicaid.

Remember



- Time for a check-up. Contact your pediatrician or your medical provider.

- If your baby is one-year-old and weighs at least 20 pounds, you can turn his car seat so it faces forward. Remember that it is safest for your baby to put him in the back seat of the car. Call Macomb Traffic Association at 586-293-5880 to find out where you can have your car seat inspected.
- Never let your child play with a balloon unattended. Be sure to collect and throw away pieces of broken balloons immediately. Pieces can become stuck in a baby’s windpipe, causing him to suffocate.
- Young children can become entangled and strangle in cords on blinds or draperies. Use safety devices or cut loops and shorten cords.
- Take safety measures to prevent accidents. Lower crib mattress and block access to stairways.
- Be sure cleaning supplies and medicines are kept out of reach, preferably in a locked cabinet.
- Be sure your screen door is locked so Baby cannot push it open if he leans against it.
- Ask your medical provider or local health department to screen your baby for lead.

Good Books



Elmo’s Birthday Party by Random House,
Sesame Workshop
Carl’s Birthday by Alexandra Day

Helpful Resources

Car seat fitting stations are available throughout Michigan. Check www.michigansafekids.org for a complete listing.

Happy Birthday!

Who did you invite to your baby's first birthday?

What activities did you do?

What was your baby's favorite gift?

What kind of food did you have?

How did she eat her birthday cake?



Parents' Memories

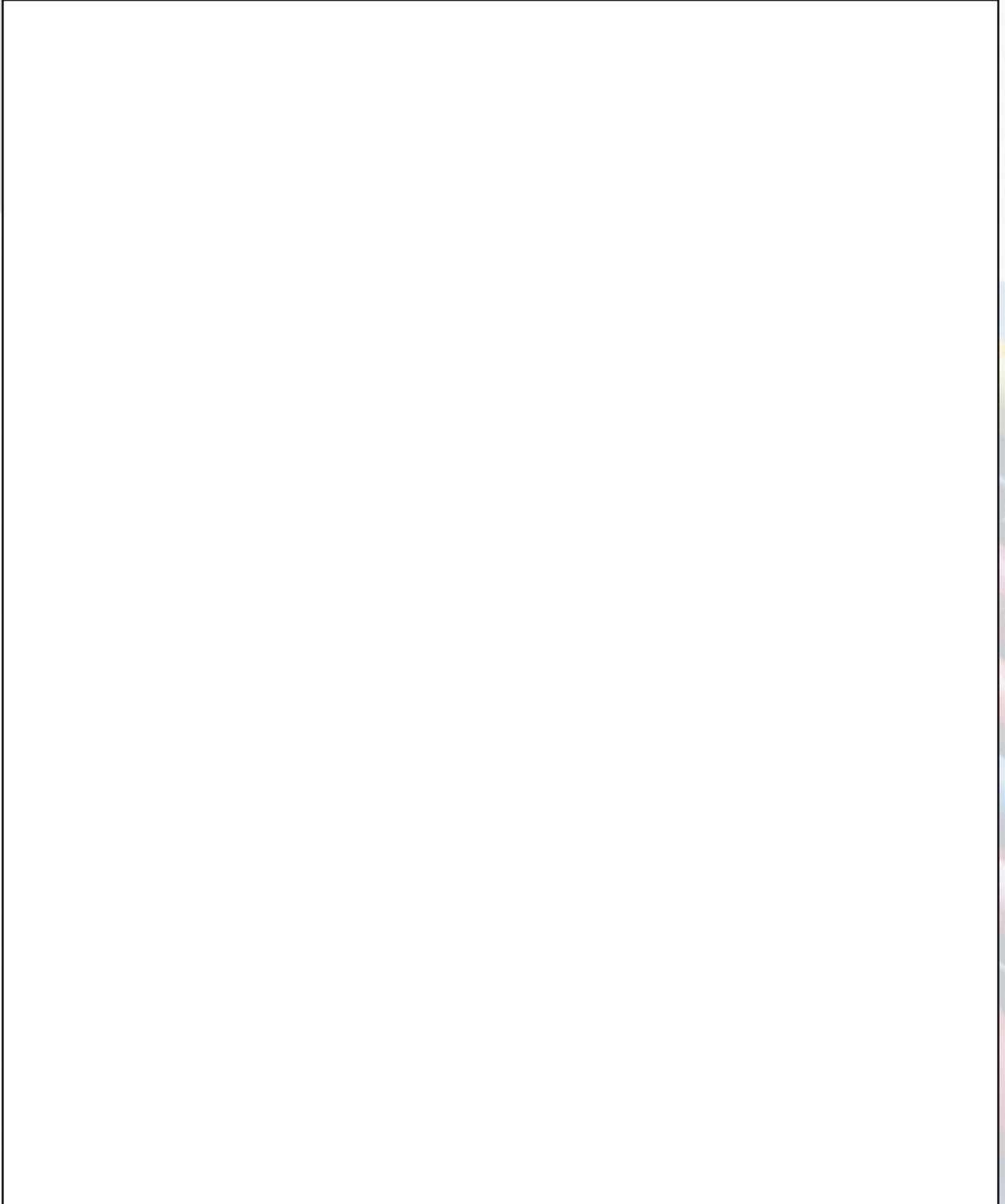
Use this page to record any special memories you may have such as funny things your baby has said or done or your first vacation or overnight together.

Write about your baby's development.

Or paste a picture.



Mini Photo Album



Fifteen Months

When did your child take her first step?

What was the first thing your child drank out of a cup by herself? How old was she?

When was your child's first trip to the library?

Developmental Milestones

- Helps with getting undressed.
- Gives and takes toys.
- Says 4 or more single words, in addition to “ma-ma” and “da-da.”
- Drinks from a cup held in both hands.
- Listens to stories; points to pictures.
- Stacks 4 blocks; scribbles with crayons.
- Stands in the middle of floor by herself and takes steps forward.

Help your baby grow



- Allow a few extra minutes in the morning or evening for your child to help dress herself.
- Encourage your child to use words when she wants something.
- Help your child “read” simple picture books with bright pictures.

- Encourage your child to pretend to read a book while you are close by to comment.
- Make a game of stacking blocks. Each time you add a block to your tower, ask your toddler to add a block to hers. Celebrate with her when the tower tumbles over.
- Whether your child uses a training cup or a small plastic cup, keep milk, juice and sweetened liquids for mealtime. Offer only water between meals.

Remember



- Time for a check-up. Contact your medical provider.
- Call Early On with concerns about your child’s development at 586-228-3331. This is a free service regardless of income.

Good Books



Clothes with Other by Sue Hendra

Goodnight Gorilla by Peggy Rathman



Eighteen Months

More memories

Where does your child like to keep his books?

What things does your child like to do for himself?

When was the first time your child fed himself? What did he eat?

Who was your child's first friend/playmate? How did they meet?

What kind of pretend games do you and your child play together?

Who was your child's first babysitter?

Developmental Milestones

- Turns pages of a book by himself.
- Walks up stairs with hand held.
- Eats with spoon and fork.
- Plays pretend games.
- Says eight or more words in addition to “ma-ma” and “da-da.”
- Kicks a ball.

Help your baby grow



- Allow extra time for your child to walk up the steps by himself instead of carrying him.
- Bring books, crayons and color activities with you while you're waiting at the medical

provider, running errands, restaurants, or anywhere you may wait.

- Offer different types of food so your child can have plenty of spoon and fork practice.
- Thumb and pacifier sucking is perfectly normal for infants; most stop by age two. If your child has not yet given up the pacifier, try now to wean her away from it. Consider allowing pacifier use only in bed. Prolonged thumb or pacifier sucking can create crowded, crooked teeth or bite problems.
- Pretend together with your child that you are both airplanes, or puppies, or feeding a doll.
- If your child doesn't have children his age to play with at home or in child care, look around your neighborhood, local park, or place of worship. Chances are you will find someone about his age. If the children get along, you may make a new friend in the other child's parent.
- Offer different types of food so your child can have plenty of spoon and fork practice.
- Children toilet train at different ages. If you begin before the child is ready, both you and the child will be frustrated. Your child may be ready if he:
 - Shows an interest in being dry and clean.
 - Asks to have dirty diapers changed.
 - Can stay dry for 1–2 hours.
 - Is aware that he is urinating or having a bowel movement.
 - Is able to follow simple instructions.
 - Is curious about toilet habits.
 - Is able to pull pants up and down.
 - There are books available that you can borrow or buy for your child about “going to the potty.”

Remember



- Time to update immunizations. Contact your medical provider or the Macomb County Health Department at 586-469-5520.

Good Books



Once Upon a Potty by Alona Frankel (a “boy” and “girl” version are available)
Too Big for Diapers by John E. Barrett,
 Editors: Chris Angelilli, Jim Henson, Random House
We're Going on a Lion Hunt by David Axtell
The Very Hungry Caterpillar and *The Very Busy Spider* by Eric Carle
So Much by Trish Cooke

Ways to encourage good behavior

Now that your child is older, he is learning that his behaviors serve a purpose. That is, they allow him to either get something he wants, or escape or avoid something he doesn't want. Behavior may also help him communicate a message or need. Most likely your child's most challenging behaviors occur in certain settings, under certain conditions, with a particular person, or during different activities. They may be triggered by things like confrontation, ultimatums, unreasonable consequences, and power struggles.

To encourage good behavior it is important to teach your child what is expected of him, model or demonstrate the right kinds of behaviors, and avoid approaches that lead to confrontation, ultimatums, unreasonable consequences, and power struggles.

When dealing with behavior problems, stay calm and think objectively.

Ask yourself these questions:

- When does the behavior occur?
- What have you tried that has worked?
- What hasn't worked?
- What need is being met?
- What do you want your child to do?
- How can you reinforce your child when she does it the right way?
- How can you prevent the behavior?
- How can you effectively and calmly deal with the behavior when it occurs?

To avoid problem behaviors, be sure you are making use of the Positive Parenting Practices below:

- Provide a loving, nurturing environment.
- Praise and encourage good behavior and give plenty of positive reinforcement.
- Communicate clearly.
- Model the behavior you would like to see in your child.
- Baby proof your home so you don't have to say "No" so often.
- Establish family rules and be consistent in following through on them.
- Recognize and respond to your child's needs with consistency.
- Provide some "quiet time" for you and your child.
- Read to your child.
- Learn to read your child's behavior and try to divert before a crisis occurs.
- Maintain a sense of humor.
- Laugh with your child.
- Be kind and firm at the same time.

TWO Years

What was your child's first sentence?

When did your child first speak her own name?

What activities do you enjoy together?

Developmental Milestones

- Runs; jumps; throws a ball.
- Puts on clothes; washes hands with help.
- Uses 2 or 3 word sentences.
- Calls self by name; asks for "more."
- Opens a door.
- Remembers where objects are hidden.

Help your child grow



- Call Early On with concerns about your child's development at 586-228-3331. This is a free service provided through Macomb Intermediate School District regardless of income.
- Allow your child plenty of outside time to practice new skills. Exercise is important for the development of a healthy body.

- Teach your child to wash his hands before he eats and after he toilets.
- Help your child by repeating back with expanded words. If he says, "Me cookie," you may respond, "Would you like a cookie?"
- Read signs with your child. Help her find letters that are in her name.
- Let her have paper, pencils, crayons, and markers to draw and scribble, with supervision.
- Play hide and seek with a few toys. Let your child watch you hide a few toys, then ask her to find them. Gradually increase the number of toys you hide.
- Brush your child's teeth after meals and before bedtime. Use only a pea-sized amount of fluoride toothpaste. Supervise tooth brushing to be sure your child does not swallow toothpaste.

Remember



- Time to update immunizations! Contact your medical provider or the Macomb County Health Department at 586-469-5520.

Good Books



Brown Bear, Brown Bear, What Do You See?

by Bill Martin

Will There Be A Lap For Me?

by Dorothy Corey

Harold and the Purple Crayon

by Crockett Johnson

Poems for the Very Young

by Michael Rosen

Helpful Resources

CARE offers parenting young children classes around the county. Call 586-541-0033 or visit them on the web at www.careofmacomb.org for a current schedule.

Three years

Does your child enjoy going to the park or playground?

What are his favorite things to do there?

What colors can she identify?

What shapes can he identify?

Developmental Milestones

- Walks up stairs without help.
- Uses 3 or 4 word sentences.
- Knows full name and sex.
- Dresses self except for buttons.
- Plays in small groups.

Help your child grow



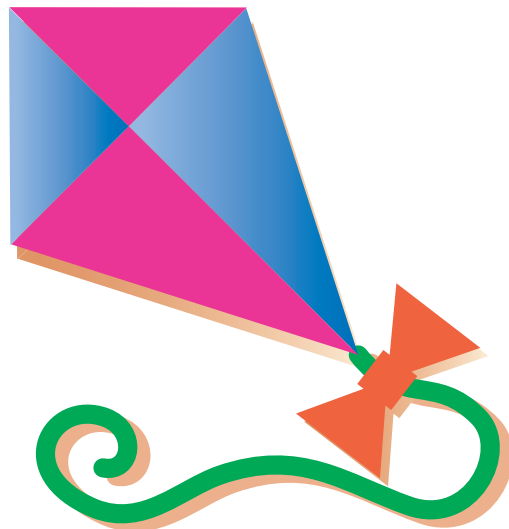
- Take your child to a local park. It's free, and there's lots of room and opportunity to run, climb and play.
- Have a tower building contest.
- Ask your child questions to give him an opportunity to answer you.

- Teach your child to zip and button.
- Praise and encourage your child when he goes to the potty.
- If your child isn't in child care, consider enrolling her in a preschool experience or enrichment program for a few days each week. The experience with other children will be valuable. Call your local public school district to find out what options are available or check with the Great Parents Macomb Information Line at 1-866-4 MACOMB.
- As you read with your child, run your finger under each word. Make your child's name with magnetic letters and say the names of the letters that spell her name.
- Regular dental visits help your child stay cavity free. Teeth cleanings, fluoride treatments and tooth brushing instructions strengthen teeth and prevent cavities.

Good Books



Animal Alphabet by Bert Kitchen
Chicka Chicka Boom Boom by Bill Martin and Lois Ehlert
Harold and the Purple Crayon by Crockett Johnson



Four years

Did your child start school this year?

When was his first day and where did he go?

What letters and numbers can she identify?

Does your child have an imaginary friend?

Developmental Milestones

- Hops and stands on one foot; catches a ball.
- May have make-believe friends.
- Asks questions.
- Washes hands and brushes teeth.
- Copies a circle and a cross.
- Shares, waits her turn.

Help your child grow



- Call Great Parents Macomb at 1-866-4 MACOMB to learn about preschooler/family activities in your community. There are many opportunities

in Macomb County for quality preschool for your child. Call your local public school district to find out what options are available in your community or call Head Start at 586-469-5215.

- Ask your child questions about his make-believe friends. Talk about them as if they were real. You will learn a lot about your child by listening to what his imaginary friend “says.”
- Read with your child. Let him see you follow the words from left to right with your finger. Pick books that will interest him.
- Even though he can wash his hands and brush his teeth, he will still need some supervision to make sure he does it correctly.
- Play store or office with your child and have him “pretend” to fill out old forms and applications.
- Take your child to the library regularly and keep books and other reading materials within reach.
- Good diet and nutrition are necessary for your child’s oral health. Choose healthy snacks like fruits, vegetables, peanut butter, and cheese. Limit between-meal sugary snacks.

Remember



- Time for a check-up! Contact your medical provider or the Macomb County Health Department at 585-469-5520.
- Kindergarten registration! Call your local school district to ask when you need to register, what you need to bring, and what school your child should attend.

Good Books



It Looked Like Spilt Milk by Charles Shaw
My Doll, Keisha by Eloise Greenfield
I Like the Music by Leah Kamaiko

Five years

How high can your child count?

List some of your child kindergarten memories

Help your child grow



- Play hopscotch with your child.
- Play Simon Says.
- Count and sort jelly beans by color.
- Provide plenty of pencils, paper and crayons.
- Provide simple props for your child to use during pretend play. Suggestions: Empty food containers, old clothes, plastic dishes, note pads, and pencils, junk mail.
- As you read with your child, ask questions such as: "What's happening now? What do you think will happen next?"
- Your child's mouth is about to change. He will begin losing his primary teeth and permanent teeth will be coming in. Continue to help him brush.

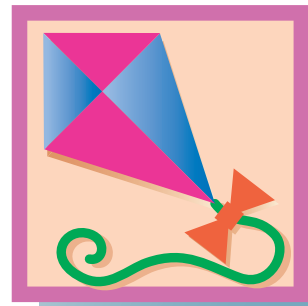
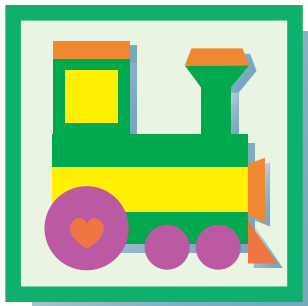
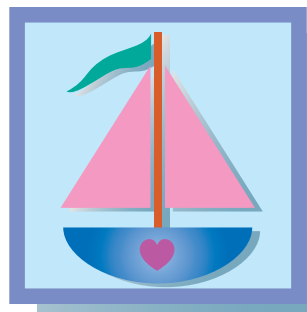
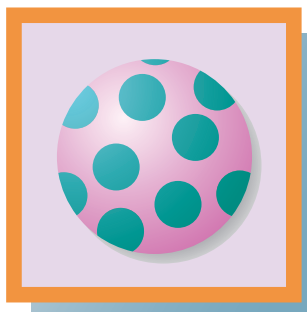
Developmental Milestones

- Skips; stands on one foot for 5 seconds.
- Listens; follows simple directions.
- Counts to 10; knows 5 colors and own age.
- Copies a square; prints some letters and numbers.

Good Books



- Yertle the Turtle* by Dr. Seuss
The Kissing Hand by Audrey Penn
The Giving Tree by Shel Silverstein



Write a letter to your child

Write a short letter to your child about how wonderful the past five years have been and tell him how proud you are of all his many accomplishments and developments. Read through this book as a family and share all your special memories of his boyhood.

A large, empty rectangular box with a thin black border, intended for writing a letter to a child. The background of the page features a collage of colorful paper scraps and a pink highlighter.

On-line Resources for Parents

Born Learning

Parenting guide and child development information
<http://www.bornlearning.org>

Consumer Product Safety Commission

Updated listing of recalled toys and products
<http://www.cpsc.gov>

Family Fun Magazine

Arts & crafts, party ideas, recipes, games, travel ideas
from Family Fun Magazine
<http://www.FamilyFun.com>

Great Parents/Great Start

Tips and resources for parents or caregivers of infants,
toddlers and preschoolers
<http://migreatparents.org>

Making the Right Connection

Macomb County's guide to resources
<http://misd.net/connections/content.htm>

Parents Magazine

Information from pregnancy to teens
<http://www.parents.com>

PBS's Child Development Tracker

<http://pbs.org/parents/childdevelopment>

Wondertime

Parenting tips and useful ideas
<http://wondertime.go.com>

Zero to Three

Learn ways to promote infant and toddler development
<http://www.zerotothree.com>

Acknowledgements

The information provided in this book was compiled from a variety of resources and through the collaborative efforts of:

Macomb Intermediate School District
Macomb County Health Department
MSU Extension 4C
Muskegon County “Grow With Me”
Midland County “Success By Six”

*“We would like to thank
all the staff that gave their time
to comment on and edit
our initial drafts.
Your input was very valuable.”*

October 2008

Developed and printed through a State of Michigan Great Parents Macomb grant awarded to MISD.

This booklet was developed under a grant awarded by the Michigan State Board of Education, under part C of IDEA Amendments of 1997, better known as Early On[®] Michigan.

Macomb Intermediate School District (MISD) has the legal authority to apply for and receive funds under Part C of IDEA. It is the policy of MISD that no person on the basis of race, creed, color, religion, national origin, age, sex, height, weight, marital status or disability shall be discriminated against, excluded from participation in, denied the benefits of, or otherwise be subjected to discrimination in any program or activity for which the MISD is responsible.

Concerned About Your Child's Development?

Macomb Intermediate School District



Early Intervention Services

FREE Developmental evaluations
(586) 228-3463

Great Parents Macomb

FREE Resources and information for parents
1-866-4 MACOMB
(1-866-462-2662)

Macomb County HEAD START

FREE Preschool for qualifying families
(586) 469-5215



Macomb Intermediate School District

44001 Garfield Road
Clinton Township, MI 48038-1100
www.misd.net

Board of Education

John A. Bozymowski, *President*
Max D. McCullough, *Vice President*
Charles C. Milonas, D.D.S., *Treasurer*
Theresa J. Genest, *Secretary*
Edward V. Farley, *Trustee*
Michael R. DeVault, *Superintendent*

MISSION

Macomb Intermediate School District:
Service, Support and Leadership

VISION

We are the Macomb Intermediate School District.

We provide quality service to special education and general education students, instructional and technical support to school staff, and cutting-edge educational leadership in Macomb County.

We are committed to all the students of Macomb County. To serve them well, we are resolute in involving parents, school personnel, and the community at large, including business, government, and civic organizations as active partners in planning, delivering and evaluating our services.

We work directly with individuals with disabilities who reside in Macomb County School Districts. We serve students of all ages, from newborns to adults, meeting their unique learning needs and supporting their families all along the way.

Within the twenty-one local districts and public charter schools, we focus our efforts on building capacity with school staff. Through quality training and instructional support, we increase their knowledge, skills and abilities, so all students receive a rigorous and effective educational experience.

We promote all aspects of the educational process through our development and support of technology. We provide training in the use of essential technology tools that enhance curricular, instructional and administrative services in our schools and, as a result, opportunities are expanded for all.

We work collaboratively with colleges and universities and are leaders in state and national programs. We anticipate needs and opportunities, all with the single purpose of identifying, developing and implementing programs and practices that, through education, improve the quality of life in Macomb County.