

# 1<sup>st</sup> Month

You and your baby are learning together



LISTEN HERE!

You and your baby are spending a lot of time getting to know each other.

## What's it like to be 1 month old?

- I cry when I'm hungry, wet, tired, in pain, or when I want to be held.
- I turn my head sideways when I'm on my stomach.
- I may smile when I see or hear you. Babies smile within two to eight weeks after birth.
- I feel comforted when you hold me close, smile, and talk gently to me. Don't be afraid of spoiling me because I need to be held and touched to grow.

## Talk to your baby as you care for him

- Imitate the sounds your baby makes.
- Use complete sentences. "It's time for your bath."
- Your child will talk back to you by smiling, crying, making soft sounds, and making arm and leg movements.

## Crying is a call for help

When your baby cries they are trying to tell you something. You can figure out what it is. Are they hungry? Lonely? Wet? Sleepy? In pain? Cold or hot? Tired? **Never shake a baby.** Babies do not mean to upset you. Babies can't control when they start to cry. They will cry more if you treat them roughly.

## 1 YOU CAN COPE WITH A CRYING BABY

Care for a crying baby in shifts. Take turns with your partner, a relative, or a friend so you can get a break.

## 2 PLAN FOR QUALITY CHILDCARE

Quality childcare is friendly, warm, and loving care. Look for a licensed care center or licensed home that is clean and safe. Ask questions such as: "What will you do if my baby cries a lot?" Ask people you trust for referrals. Good childcare is based on respect and communication between parents and caregivers.



## 3 USE CAR SAFETY SEATS

Keep your baby in an approved car seat that faces the back seat until they are 2 years old.

