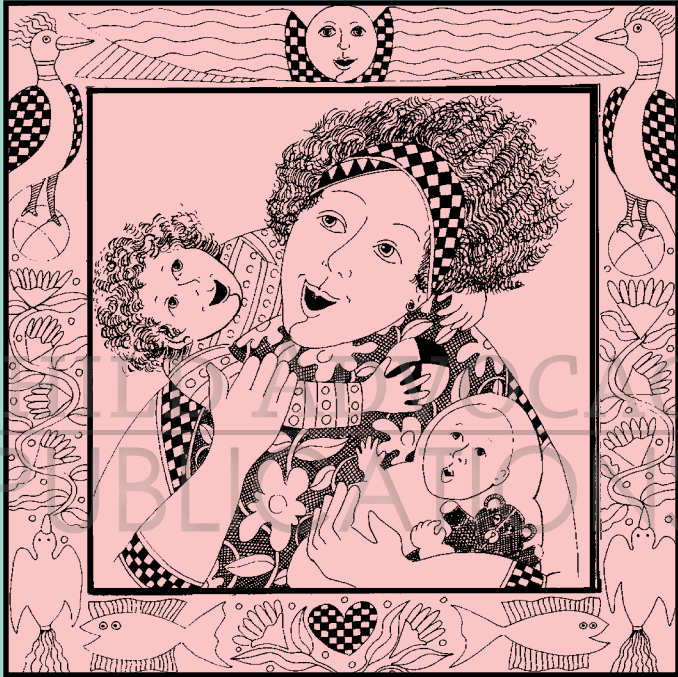


# playing *is nurturing*



*Mary Shannon McHenry - Nelly*

**P**EEK-a-boo! Pattycake! Playing with your baby helps her grow stronger and smarter! • Play builds love and friendship between you and your baby. • So, go ahead... be silly! Have fun together! Playing with your baby will put a smile on your face, warm your heart, and tell your child, “I love you!”



# Playing *Is Nurturing*

Taking care of a new baby is lots of work. But taking care of your baby isn't all work - it's play! Making lots of time to play with your baby is part of taking good care of her.

Play is important! It makes your baby stronger and smarter.

Your baby will let you know when she's rested and ready to play. She may look at you and flap her arms. She may kick or make baby sounds to tell you she wants to play!

Play peek-a-boo! Cover your face with your hands. Then open your hands and say "Peek-a-boo!"

Give baby a big smile and see how she smiles back at you.

Splash in the tub! Roll a ball! Make funny sounds for her! When you hand baby a toy, make a game of giving it to her. Show her a toy, hold it behind you, then pop it up!

Play hide-and-seek with it and watch her learn to find it.

When your baby is only two months old, you can play

Copy Cat. Make a sound and a funny face for her. Now watch and listen. She will try to do it! Do it over and over. Those silly sounds get her ready to say her first words.

Your baby will think it is wonderful when you play with her! Watch her smile... all for you!

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Written by Elizabeth D. Drake, M.Ed., and Anne E. Gilroy.

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Mary Stewart Ramsey & Kelly

# holding *is* nurturing

You can't spoil a baby by holding him too much. Being held makes a baby feel safe and loved.

- Take time out of the busy day for both of you to sit and rock. Let a warm, peaceful feeling grow.
- Your baby loves to be in your arms. The sound of your heartbeat tells him he's home.



# Holding *Is Nurturing*

A new baby loves to be held.

He loves the safe, warm feeling of being in your arms.

Make sure your baby spends lots of time close to you.

Pick up your baby before he is crying for you.

Hold him on your lap or cradle him in your arms.

You can't spoil a new baby by holding him.

Your baby needs and likes other kinds of touches, too.

Pat his back, rub his belly, stroke his feet or arms.

When you give a baby a bottle, hold him. Look into his eyes. He would rather look at you than anything else in the world!

Sometimes parents think it's hard to hold a new baby.

Use your arm to cradle baby's head. Or lay him on your lap. Soon you'll feel fine about picking up the baby.

When your baby is a little older, he will want to cling to you sometimes.

Let him hold on to you when he needs to.

A baby learns to be brave just a little at a time.

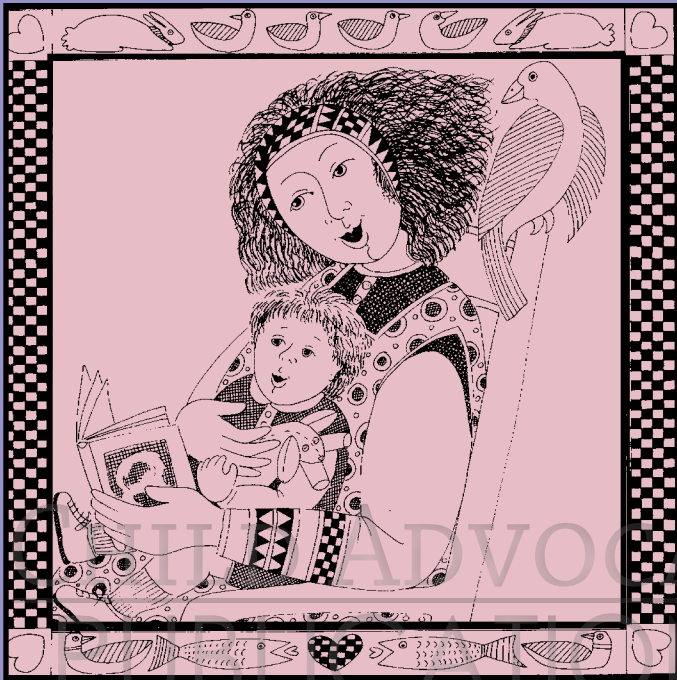
If you were abused or hurt as a child, it may be hard for you to touch your baby. Try to find ways that feel OK. Pat your baby or hold his hand. It is important to talk about your feelings with a counselor. With a counselor's help, you will soon be comfortable being close to your new baby.

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Mary Stewart McHenry - Pallas

# teaching <sup>is</sup> nurturing

*I*t's a school day everyday and you're the teacher!  
Your baby learns from everything you do...

- You give him lessons by the way you talk to him, hold him and let him know how much he means to you.
- Praise your child often and let him be a winner.
- Teaching him to be proud of himself is the best lesson of all!



# Teaching *Is Nurturing*

You are your baby's first teacher. His most important teacher! You have lots to teach your child.

How do you teach a baby? Count his toes, or tell him what colors he has on. Sing the ABC's or just name things. He is ready for you to read to him even before he can talk.

Teachers understand that kids learn by trying. Kids make mistakes over and over as they learn. They need you to help them want to try again. Don't make fun of their mistakes.

Praise a child for trying. "Good try!" If he makes a mistake, say, "You can do it! Here, I'll show you how." He will learn more than just how to do something. He will learn to feel proud and confident about himself.

Even small children want their parents to be proud of them. They want to do a good job for you. But, it's hard. Babies take a long time learning how to do the things you do every day. They make lots of messes as they try to use a spoon, a cup, the potty. But that's how they learn.

You can learn to be your child's best teacher! Let him try things, even if he makes a mess as he goes. Clap for him and cheer him on as he learns. If you teach him he is a winner, you give him high marks on the best lesson of all!

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# learning *is* nurturing



*Mary Shannon McHenry - Paddy*

Taking care of your baby is a hard job. And it's harder if you feel all alone. • You can make it easier by talking with other parents... they'll understand. • Finding a friend who understands the worries and feelings of being a parent is just like finding a treasure!



# Learning *Is Nurturing*

Being the parent of a new baby is hard. No parent knows all the answers all the time. Every parent needs help sometimes.

There are lots of people you can learn from. You can talk to other mothers or fathers. Or you can ask for new ideas and help from people who work with parents and children.

It will help to talk to someone when you are lonely or scared.  
It helps when your baby is sick and you are worried.  
Having someone to talk to helps if you are angry or sad.  
And it is good to talk to a friend when you just need a break!

How can you find another parent who understands?  
Call a resource hotline for families and ask about parents' groups that meet. Or ask at your church or public health department. Go to one of the meetings and see if you like it.

Or find out about parenting classes. Parenting classes can give you ideas about what to expect as your baby develops. It is helpful just learning about the ways all children change.

Start a play group for parents and kids. Invite a few mothers or fathers to meet together at the playground once a week.

Remember, new parents never know everything at first.  
As your baby learns and grows, you will also learn more  
and you will grow into being a good parent!

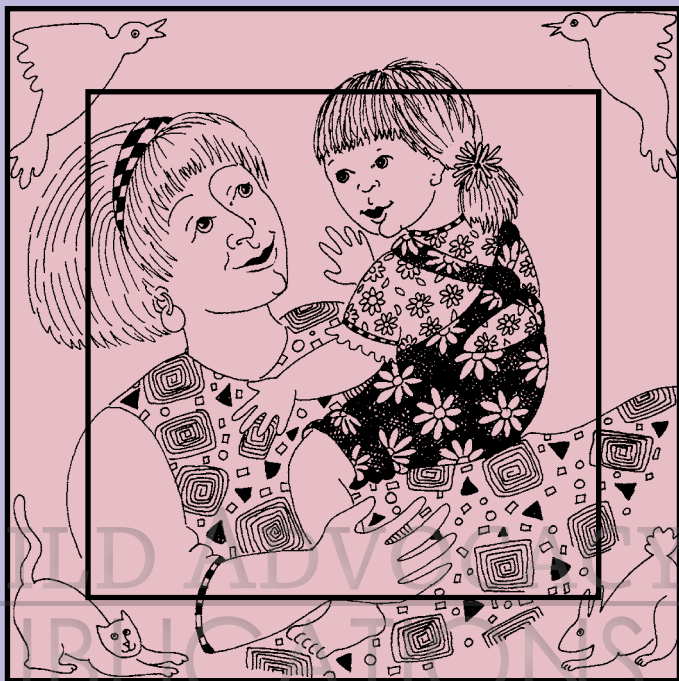
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Mary Stewart, Emily & Kelly

# remembering

is nurturing

Your family gave you more than you may know. They gave you lessons about being a parent by the way they raised you. • Remember how it felt to be a child? The things that hurt should be remembered, but not repeated. • Give your child joyful memories!



# Remembering

*Is Nurturing*

What do you remember about being a child?  
Do you remember good things? Or hurtful things?  
Did your parents say words that made you feel good or bad? “Stupid!”  
“Dummy!” “I wish you hadn’t been born...”

Can you still hear your parents words?  
Did you ever have to wonder if you were loved?

We often raise children the same way we were raised.  
We may say and do the same things our parents did...  
without remembering how it felt.

The words you say will stick with your child all her life.  
So build your child up with kind, proud words.  
Use words to make her feel smart and good about herself.  
What she hears from you now she’ll believe the rest of her life.

Making fun of a child isn’t fair. Don’t tease or let anyone else tease her  
about how she looks. The words can last forever.

Cheer her on when she’s trying new things. Even little things, like clap-  
ping, sitting up, or holding a cup. Say, “Good for you!”

Be sure your baby knows you’re glad to have her. Tell her,  
“You are wonderful! I like you! I’m glad I’m your mother!”  
Each day you are giving your child something to remember.  
Let her hear, “I love you” in all you do.

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# talking <sup>is</sup> nurturing

**B**abies can see you and hear you the minute they are born. They want to hear what you have to say even before they can understand the words.

- Talk to your baby. Name things. Sing.
- It doesn't matter what you say... just the sound of your voice is music to your baby!

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# Talking *Is Nurturing*

From the moment he is born, your baby can hear you. The sound of your voice is one of the first ways your baby learns who you are. It doesn't matter what you say... the sound of your voice is what your baby loves to hear.

Look in your baby's eyes when you talk to him. New babies can see your face from about a foot away. That's how far it is from your face to baby's eyes when he is in your arms.

Hold your baby in your arms. Open your eyes wide. Open your mouth and say, "Oooh!" Use a soft voice. Your baby will look right back at you! He'll soon try to smile at you!

Baby likes it when you make soft, high sounds. Don't be shy! Making silly sounds and funny words is perfect!

What can you say to a baby? Try a baby poem like, "This Little Piggy Went to Market." Or sing any song you know.

Talk to your baby when he is in the room with you. Tell him all about what you are doing. He likes the sounds of words.

As you talk, your baby will begin to learn what you mean. "Bye-Bye!" "Up we go!" "Night-night!" "I love you!" Long before he can talk, he will understand your words!

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Mary Skilton & Kelly Kelly

# listening <sup>is</sup> nurturing

hhh! Listen! What is baby saying? • A message as sweet as a tiny smile. Or as nice as a little fist around your finger. • Your baby has lots to tell you... right from the beginning. In her own way, she'll tell you all about herself. • Shhhh! Listen...



# Listening *Is Nurturing*

Long before your baby can talk, she has lots to tell you.  
She wants you to know what she likes and needs.  
The more you can find out about her, the better  
the two of you will get along together.

Look and listen to your baby and other babies.  
You will soon see how all babies are different.

Watch and listen to find out what your baby is like.  
When does she smile? What is she enjoying?  
If you find out, you'll know what makes your baby happy.

Does she kick and wave her arms when things are busy? Some babies  
are happy when there is a lot going on!  
Or is she upset and unhappy when things are too busy? Maybe she likes  
quiet time and being by herself.

Your baby will try different ways to tell you about herself. Unhappy  
babies make faces. They turn away, shut their eyes, or rock from side to  
side if they are upset. They fuss or cry.

A baby is not trying to get away with something or make  
you mad by crying. Instead of spanking her for crying, watch and listen  
for what she is trying to tell you.

Your baby won't be just like any other baby. She won't be the same as  
her mother, father, brother, or sister. Your baby is a special new person  
— and she wants you to get to know her!

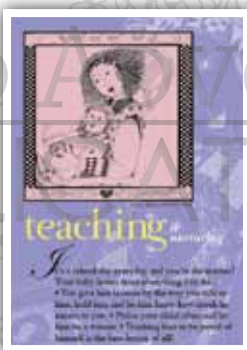
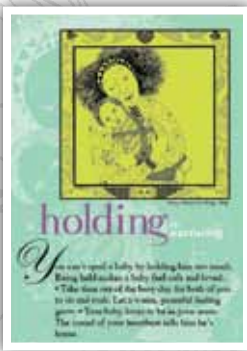
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# The Nurturing Cards



A set of seven cards designed to help parents understand and meet the emotional needs of their baby. Beautifully packaged as a gift for new parents & suitable for framing. Full-color art with drawings by book illustrator Sharon McGinley-Nally.

**CHILD ADVOCACY  
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# The Nurturing Cards

*From the “Foundations of a Family” series — helping parents understand and meet the emotional needs of their babies.*

As a resource for those working with parents, the *Nurturing Cards* offer the means for an on-going discussion about the emotional needs of babies. The cards describe in simple, concrete terms the powerful impact parents have on their babies in their everyday caretaking. Use the *Nurturing Cards*, either as a complete set or one at a time, to help parents gain an understanding of the many ways they can act daily to build an emotionally strong relationship with their child.

The *Nurturing Cards* are appropriate for parents of babies from newborn to about age 18 months. In an easy to-read-format and beautifully illustrated, the cards acknowledge the value of everyday behaviors:

- **Remembering** — “Your family gave you more than you may know. They gave you lessons about being a parent by the way they raised you.”
- **Playing** — “Play builds love and friendship between you and your baby.”
- **Learning** — “No parent knows everything. As your baby grows, you will learn and grow as a parent.”
- **Teaching** — “Your baby learns from everything you do...the way you talk to him, hold him and let him know how much he means to you.”
- **Listening** — “In her own way, your baby wants to tell you all about herself.”
- **Talking** — “Just the sound of your voice is music to your baby.”
- **Holding** — “Your baby loves to be in your arms. The sound of your heartbeat tells him he’s home.”

## *The Nurturing Cards — From Child Care Publications*

The *Nurturing Cards* are beautifully packaged as a gift for new parents and sized for easy 5x7 framing.

Written by Anne E. Gilroy and Elizabeth D. Drake, M.Ed. Full-color art with drawings by children’s book illustrator Sharon McGinley-Nally. Easy to read language appropriate for all reading levels.

*It is our hope these materials will be placed in the hands of caring messengers who are working to create safe, nurturing homes for all babies.*

Anne E. Gilroy

Elizabeth D. Drake

*The “Foundations of a Family” series includes:*

*The Promise Card* — a warm welcome for the newborn.

*The Nurturing Cards* — a set of 7 cards to help foster the emotional growth of babies.

*The Growing Cards* — a set of 6 cards about the emotional growth and needs of toddlers.

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