BABY STEPS

What’s Going On with Baby & Toddler?
- Keeping Baby Safe
- Growth and Development
- Table-Time Tips

KEEP Baby’s Shots UP-TO-DATE

Do you know THE ABCs OF SAFE SLEEP FOR BABY?

SCHOOL READINESS

HEALTHY SNACKS

BONDING & DEVELOPMENT
Help Me Grow offers support for pregnant women or new parents in every Ohio county looking for advice and information. Choose from programs like Healthy Families Ohio, Nurse Family Partnership, and Moms & Babies First. Our well-trained professionals are non-judgmental and compassionate. You’ll be empowered with the skills, tools and confidence to have a healthy pregnancy and to encourage healthy growth in your babies and young children.

We believe that all young children deserve to reach their full potential in life no matter their income, neighborhood, age or gender. Early experiences create the foundation for lasting success. That’s why it’s so important to take advantage of the parenting and child development resources Help Me Grow provides – to maximize this critical time in your child’s life!

HOME VISITS FOR EXPECTANT PARENTS AND NEWBORNS
When you schedule a home visit with Help Me Grow, you’ll have the opportunity to share your thoughts about parenting, ask questions, and receive reliable information based on your specific family needs or interests. These may include but are not limited to:
- Healthy Pregnancies
- Baby and Child Health
- Breastfeeding
- Nutrition
- Immunizations
- Child Growth and Development
- Discipline
- Toilet Training
- Child Safety
- Household Safety
- Local Resources

READY TO TALK WITH A PROFESSIONAL ABOUT HOW HELP ME GROW CAN SUPPORT YOU?
1-800-755-GROW (4769)
helpmegrow.ohio.gov

ACKNOWLEDGMENTS

Early literacy. Zero to Three (online). zerothethree.org/early-learning/early-literacy

Ohio Department of Education
education.ohio.gov

Parenting Magazine
parent.net

FIND FREE HEALTH CARE NEAR YOU
Community health centers and free clinics offer health care, dental care and mental health/substance abuse services to all – whether or not you have insurance or can afford to pay.

bit.ly/DDHPrograms
BABY STEPS

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KEEP BABY’S SHOTS Up-To-Date

PREVENTION IS THE BEST MEDICINE

<table>
<thead>
<tr>
<th>Vaccination</th>
<th>Birth</th>
<th>2m</th>
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<td>HepB – Hepatitis B</td>
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<td>DTaP – Diphtheria, Tetanus, Pertussis</td>
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<td>Hib – Haemophilus Influenzae B</td>
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<td>PCV – Pneumococcal Conjugate Vaccine</td>
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<td>Flu – Influenza</td>
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<td>Every year beginning at 6 months of age</td>
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CALL THE DOCTOR WHEN A BABY LESS THAN 2 MONTHS OLD

› Has breathing problems
› Has a temperature higher than 100°F
› Vomits more than two or three times in a day
› Passes blood or blood clots with urine or bowel movement
› Looks yellow or jaundiced
› Has a seizure
› Seems weak, or has no energy to cry as loudly as usual

› Just doesn’t “seem right” and you’re worried
› Won’t breastfeed or take a bottle
› Has redness, swelling, discharge or odor at circumcision or umbilical cord site
**UMBILICAL CORD CARE**
- The cord end will fall off a few weeks after birth.
- Until it falls off, keep it clean and dry. Keep diaper below cord so it can air dry.
- Call the doctor or nurse if the cord, or the area around it, bleeds, has discharge, a bad odor or becomes red or irritated.

**CIRCUMCISION CARE**
- A circumcision should heal in 7-10 days.
- Put a small amount of petroleum jelly on irritated penis tip at each diaper change.

**DIAPER RASH CARE**
- Change diapers often to prevent diaper rash.
- Wash baby's bottom with warm water at each change and let dry before diapering.
- After washing, use zinc oxide cream or petroleum jelly on irritated areas.
- Call the doctor if you're concerned about the rash.

**MANAGING COLIC**
Colic happens from pain in baby's stomach. Its cause is unknown. Colicky babies cry loudly (sometimes over an hour) and may draw their legs up to their tummies. Colic often occurs at night. Make sure baby isn't crying due to a wet diaper, hunger, too much or not enough clothing, or loneliness. Colic can be caused by a medical condition. If it continues, call the doctor.
Children & ALLERGIES

Allergies are common and shouldn’t be ignored. Their cause isn’t fully understood and they can be mild to dangerous. Food allergies show up shortly after a food is eaten. Pollens, molds, house dust mites, animal dander and saliva (cat, dog, horse or rabbit), industrial chemicals, medicines and insect stings can also cause allergies. Ask your doctor to test for allergies and to help you see if they go away as your child gets older.

Your Child’s HEALTHY PLATE

CHOOSEMYPLATE.GOV »»

Practical information so you can help your child make healthy choices from types of food to portion sizes.
Food Allergy

**CAUSES**
- Eggs
- Peanuts
- Soy
- Wheat
- Nuts from trees (walnuts, pistachios, pecans, cashews)
- Fish (tuna, salmon, cod)
- Shellfish (shrimp, lobster)

**SYMPTOMS**
- Hives (red spots that look like mosquito bites)
- Itchy skin rashes (eczema, also called atopic dermatitis)
- Swelling
- Sneezing
- Wheezing
- Throat tightness
- Nausea
- Vomiting
- Diarrhea
- Pale skin
- Dizziness
- Fainting

*Source: American Academy of Pediatrics*
WHAT’S GOING ON WITH BABY?

HIGHLIGHTS

Baby’s Progress
Caring for Baby
Growth and Development Activities
CARING FOR BABY

- Make sure baby has all needed shots before you leave the hospital.
- Take him for his first well-baby checkup.
- Don't let anyone smoke around your child – ever! It can harm her lungs and cause breathing problems.
- Learn baby’s hunger signs. Crying is the last sign, not the first.
- Wash hands often with soap and water to stop germs from spreading.
- For skin care and bathing tips, visit the American Academy of Pediatrics’ website. It’s free when you join – aap.org

KEEPING BABY SAFE

- Follow the ABCs of safe sleep. Put baby to sleep on his back, alone in the crib unless the doctor tells you otherwise. This reduces the risk of Sudden Infant Death Syndrome (SIDS).
- Support baby’s head when holding or moving her.
- Put baby in a safe crib, cradle or bassinet.
- Don’t put baby on a couch or adult bed to sleep.
- Don’t use sleep positioners unless recommended by the doctor.
- Never use pillows or fluffy bedding in baby’s crib. Crib mattress should fit snugly. Crib slats should be apart 2 3/8 inches or less.
- Never carry hot items while holding baby.
- Make sure your home’s smoke detectors work and check them monthly. If there aren’t any, install them.

GROWTH & DEVELOPMENT

ACTIVITIES

- Talk to baby often.
- Carry baby around the house with you.
- Smile at baby and make happy sounds.
- Sing softly to baby at bedtime.
- Let baby’s arms and legs move freely.

ABCs OF SAFE SLEEP


www.safesleep.ohio.gov

CAR SEATS

From birth to 8 years old, your child must ride in a car seat when in a car. It’s the law. Contact your local Help Me Grow office if you can’t afford a car seat.

bit.ly/BucklesBuckeyes
KEEPING BABY SAFE

- Set water heater at 120°F or below to keep from burning baby accidentally
- Dip your elbow in to test bath water. Water should be warm, not hot
- Babies are slippery during bath, be careful when moving baby around
- If using baby powder, pour a little in your palm, then smooth over baby’s skin
- Never leave baby alone in any water or with another young child or pet

BABY’S PROGRESS

- Can hear sounds and recognize mom’s voice
- Can see from birth so use bright colors in her room
- Will cry and fuss when he needs you
- Needs lots of holding and physical contact

CARING FOR BABY

- Take your child for the 1-month, and all future, well-child checkups. Ask the doctor when to schedule them

GROWTH & DEVELOPMENT ACTIVITIES

- Give baby tummy time to strengthen his neck muscles. Lay him on your stomach or lay close to him on a clean floor. Never leave him on his tummy when you’re not there
- Imitate baby’s cooing and jabbering sounds
- Rock baby to soothe her at night
- Let baby hear different sounds
- Show baby lights and brightly colored objects
- Put a toy mobile over crib
- Respond right away when baby cries. He’s telling you something important
- Hug, smile, sing and talk to baby often. It tells baby, “I love you and I’ll take care of you.”

Help your Child LOVE READING & WRITING

READ TO YOUR BABY OFTEN. IT’S FUN!
Read aloud to baby a lot. It’s never too early to start.

BUILDING BLOCKS TO LITERACY

- Enjoying books – they’re free at the library and so is storytime
- Encouraging positive relationships between young children and adults
- Listening to stories, turning book pages, playing with paper or crayons

FOR MORE ABOUT EARLY LITERACY
zerotothree.org/early-learning/early-literacy
BABY’S PROGRESS

- May begin to turn her body from side to side, controlling head movement
- Knows your voice and touch. Responds by smiling and making sounds, tries to look at you
- Follows moving objects and lights
- Can briefly calm himself
- Cries and fusses if activity doesn’t change
- Makes smoother movements with arms and legs

CARING FOR BABY

- Play with baby when she’s relaxed and alert. Let her have quiet time when tired or fussy
- Take care of yourself. It’s easier to enjoy baby and be loving when you feel good
- Always get baby’s shots to fight off harmful diseases. Check the immunization schedule to see when they’re due

KEEPING BABY SAFE

- Keep baby’s head supported when holding or moving him
- Never leave baby alone on a changing table or in a crib with the side down

GROWTH & DEVELOPMENT ACTIVITIES

- Let her feel different textures against her skin
- Show him pictures of faces. Move them and see if he follows them
- Imitate baby’s movements and expressions
- Let baby grasp objects, but make sure no small things go in her mouth
- Develop a regular daily care routine

YES, YOU CAN STOP SMOKING. IT’S BAD FOR BABY

OHIO QUIT LINE

ohio.quitlogix.org
1-800-QUIT-NOW (784-8669)
quit4baby.com/SignUp
smokefree.gov
What's Going On With Baby?

Baby's Progress

- May have doubled her birth weight. If 7 pounds at birth, she may weigh 14 pounds now.
- May rollover from tummy to back, lift head and chest when placed on his stomach, sit with support for a short time, put objects in mouth, put hands together, screech, laugh and babble.
- Can see small details.
- Tries to turn head and eyes toward sounds and familiar voices.
- Knows you, smiles, and will lift her arms to come to you.
- May fret when strangers approach.
- Pushes down on legs when feet are on hard surface.
- Copies some facial expressions.

Caring For Baby

- See any changes in baby's bowels? Talk to the doctor.
- Let baby splash in the water while you hold him during baths.
- Avoid sharing things that have been in your mouth with baby (like pacifiers).
- Keep her active, moving her arms and legs. Don't keep her in swing, stroller or bouncy seat too long.

Keeping Baby Safe

- Wash toys often to keep them germ-free.
- Keep toys with small parts or sharp objects away from baby.
- Distract baby and move to safe area when she touches things she shouldn't.
- Don't let baby play with anything that could cover his face.

Growth & Development Activities

- Show baby her face in a mirror.
- Gently massage and stroke baby's arms, legs and back.
- Encourage baby to turn his head toward sounds.
- Play "peek-a-boo" with baby.
- Read and talk to baby.
- Let her try to hold objects in both hands.
- Play music and gently move with him.
- Wave bye-bye when you leave the room and tell her where you're going. "I'm going to get your blanket. I'll be right back. Bye-Bye."

Still Hungry?

Ask the doctor if you think he needs more to eat than breast milk or formula.

Worried Baby's

Helpmegrow.ohio.gov
BABY’S PROGRESS
- May stay up when placed in sitting position, sit up on her own, crawl and try to stand
- Likes to interact with people as long as he feels safe and secure
- Responds to her own name
- May mouth, shake, bang and drop toys
- Begins to say consonants (“m,” “b”)
- Likes to play with his image in a mirror

CARING FOR BABY
- Ask your doctor about testing baby’s blood for lead
- Expect baby to gain about a pound a month between now and her first birthday
- Wipe baby’s teeth and gums with soft cloth or gauze after feeding to prevent cavities

Watch for NEW TEETH
Baby may be fussy or have a slight fever. Cold teething rings and teething biscuits help. Avoid foods that could break off and cause choking.

TABLE-TIME TIPS
- Talk to the doctor or nurse before giving baby new foods. Ask when to start solid food and fruit juice, which foods to give first and which to avoid. Baby’s usually ready for cereal when sitting up with support and holding head up well
- Start one new food at a time for 3 days to see if baby can tolerate it. Watch for any allergic reactions. Wait a week before starting another. Don’t feed mixed vegetables or other mixed foods
- Watch for signs baby is full, like turning head away, lack of interest
- Don’t force baby to keep eating – ever!
- Let baby start drinking from a regular cup, no spout or lid

GROWTH & DEVELOPMENT ACTIVITIES
- Talk to baby, try to get him to imitate sounds you make. Add “grown up” words to help her learn to use language
- Put a favorite toy out of reach and let her try to get it
- Let baby pick up safe objects from the floor
- Play games like “pat-a-cake”
- Look at picture books and talk about what you see
BABY’S PROGRESS

› May crawl, pull herself to a standing position, wave “bye-bye,” cry when away from mom or dad, look at picture books, begin to finger-feed herself, pass an object from one hand to the other and respond to positive attention
› Responds to his name and turns head directly toward interesting sounds
› Shows her likes and dislikes
› Shows affection to you and his favorite toy
› Loves to explore her home, but needs your watchful eye to keep her safe
› Uses fingers to point at things
› May cling to familiar adults

KEEPING BABY SAFE

› Keep electrical cords, window blind cords, cleaning products, medicines, plants, knives, guns, scissors, sharp objects, plastic bags and hot items out of baby’s reach
› Put plastic plugs in unused electrical outlets. Keep your house free of loose, chipped or peeling paint that baby could accidentally eat
› Install safety gates at the top and bottom of stairs

CARING FOR BABY

› Always put him in a rear-facing car seat when in a car - yours or anyone’s
› Get the 9-month developmental screening. Ask the doctor when future screenings are due and be sure your child gets them

TABLE-TIME TIPS

› Offer a big variety of finger and table foods that are soft and easy to chew
› Serve drinks in regular cups. Baby should be slowly weaned from bottles around one year
› It can take 10 tries for baby to like a new food
› Slowly reduce strained food
› Let baby practice using a spoon. Expect spills

GROWTH & DEVELOPMENT ACTIVITIES

› Encourage him to crawl and walk while holding onto furniture
› Show her how to put items in a container
› Help him scribble on paper with a big crayon
› Give her safe toys that float in the bath. After, let her help dress by pushing her arms through sleeves
› Roll a ball back and forth with him
› Talk and read to her

Regular CUPS RULE

“Sippy” cups can cause speech problems.
BABY’S PROGRESS >>

› Loves to roll balls, play “pat-a-cake,” “peek-a-boo” and with pots and hard plastic spoons. May stand alone, walk or squat down

› May obey simple directions like “No” or “Give it to me,” bang two blocks held in his hands, say “Mama” and “Dada” and imitate words

› Likes to be the center of attention

› May hand you a book when she wants to hear a story

› Is learning to express himself, but may get frustrated and cry. Be patient. Don’t raise your voice to him

› Puts out arm or leg to help with dressing

› Looks at the right picture or thing when it’s named

› Starts to use things correctly, drinks from cup, brushes hair

CARING FOR BABY >>

› Take her for her first dental visit and a vision checkup. Schedule and go to all future checkups throughout childhood! The InfantSEE® program is FREE. Call 1-888-396-3937 or infantsee.org to learn if your eye doctor participates or to find one who does

TABLE-TIME TIPS >>

› Let him feed himself

› Her growth is slowing. Some days she’ll eat less than others

GROWTH & DEVELOPMENT ACTIVITIES

› Talk to him while working around the house so he can learn new words

› Sing songs and read nursery rhymes

› Show pictures in books and magazines, point at objects and name them

› Show how to stack large blocks

› Play with puppets or stuffed animals and have them “talk” to baby

› Encourage her to walk without holding on

› Play games: pointing, tossing, placing and catching

› Play hide-and-seek at home by hiding behind a door, calling to him, then peeking out so you can be found. This lets him know when you disappear, you will come back
WHAT’S GOING ON WITH TODDLER?

HIGHLIGHTS

Toddler’s Progress
Caring for Toddler
Growth and Development Activities
MONTH 15

TODDLER’S PROGRESS

› Says one or more words
› Likes to imitate activities
› Walks well. Stoops and gets objects from the floor
› Gains more independence daily
› May show jealousy of others getting attention, like brothers and sisters
› Likes to do things by herself, may be bossy and resist your suggestions
› Should be off bottle and drinking from a regular cup

CARING FOR TODDLER

› Ask your doctor or nurse about when and how to toilet train
› Keep to a regular routine to make bedtime easier

KEEPING TODDLER SAFE

› Never leave child alone in bathroom or near standing water. Never leave alone in a car
› Cut food into small pieces, no bigger than your little finger tip
› Avoid small round, hard, or sticky pieces of food (hot dogs, candy, nuts, popcorn, raisins, raw carrots, grapes, peanut butter) that can cause choking. Always supervise meals and snack time

GROWTH & DEVELOPMENT ACTIVITIES

› Encourage him to repeat short phrases like “bye-bye”
› Help her make music with spoons and pots
› Have him point out objects and say words
› Teach and ask her the names of body parts as you bathe and dress her
› Let him try to undress himself
› Show her how to use a spoon
› Show him how to feed, love and care for a doll
› Let her explore different textures and talk about how things feel (soft, bumpy, smooth, scratchy)
› Take him to the zoo or park, talk about what you see
› Give her pull toys with a short string to play with while walking
› Teach him to throw and catch a soft or lightweight ball or beanbag
› Hug and comfort with a gentle voice when she is busy and gets frustrated

TABLE-TIME TIPS

› Serve a variety of foods in small amounts. Your child may refuse to eat new or favorite foods. Give fruits and vegetables with different colors, tastes and textures
› Offer new foods at the start of the meal
› Breastfeeding is still beneficial a few times a day

Water is the BEST THIRST QUENCHER!
WHAT’S GOING ON WITH TODDLER?

MONTH 18

TODDLER’S PROGRESS
› Likes to play with other children
› Can remove own coat, shoes, pants, shirt
› Begins using words to express wants
› Points to a few body parts
› Often does the opposite of what he’s asked to do. May have tantrums
› Copies simple tasks like reading a book
› Starts to act more independent, but may be afraid of strangers
› Wants things fast and becomes frustrated if that doesn’t happen
› Plays simple pretend

CARING FOR TODDLER
› Keep her immunization record in a safe place

GROWTH & DEVELOPMENT

ACTIVITIES
› Give lots of hugs and kisses and encourage giving them back to you
› Help him pick up and put toys away
› Show how to set the table and do simple chores – putting clothes in hamper or wiping up spills
› Blow bubbles together
› Play games – tag or hide-and-seek
› Read to her
› Encourage being with other children, but he’ll need your help

TABLE-TIME TIPS
› No more bottles. Wean from formula at 12 months
**TODDLER’S PROGRESS**

- Works on doing things for herself, wants very much to please adults
- May point to body parts on himself or a doll
- Talks in two- and three-word sentences
- Helps dress and undress herself
- Points to and names pictures of familiar objects
- Kicks ball forward, throws ball overhand
- Walks up and down stairs alone
- Begins to run, stands on tiptoes
- Loves to imitate, let him help with simple tasks like wiping spills
- Begins to use fork and spoon (your child may start this and other actions earlier or later)

**CARING FOR TODDLER**

- She may be ready for toilet training
- Help him wash hands before eating and after going potty
- Keep TVs out of your child’s bedroom

**GUIDING BEHAVIOR**

As he grows, he’ll want to do more alone, but still needs your help. He may get frustrated when he tries to do something new and it doesn’t work. Saying “No” or setting limits may also cause upset.

Children act out when tired, hungry or stressed so try to plan activities when they’re at their best. Extra support and patience will make life easier for both of you, especially if there’s a new baby at home.

- Keep rules simple – “No hitting” or “We sit when we eat”
- Be consistent
- Remind her to “use her words” to tell you what she needs, instead of hitting or screaming
- If he’s throwing tantrums, stay calm. Talk to him after he’s quieted down

**TABLE-TIME TIPS**

- Allow her to taste each food at meals
- Let her eat the same food over and over, it’s normal as are changing appetites

**GROWTH & DEVELOPMENT ACTIVITIES**

- Give him simple directions to follow
- Do shape sorting and simple puzzles together
- Explore together on walks or wagon rides
- Play with clay together
- Teach her to jump and stand on one foot
- Play music for him to dance to. Dance together
- Teach her to button, zip and snap
- Let him try to dress himself
- Read to her
- Let him make simple decisions. Ask, “Do you want to wear the red or blue shirt?” He’ll feel more confident choosing knowing there won’t be a struggle when both choices are okay with you
- Help her name feelings when they happen. Ask questions like, “You look worried. Will you tell me about it?”

**SCREEN TIME**

The American Academy of Pediatrics recommends no TV, movies, computer or video games for children 2 and under
WHAT’S GOING ON WITH PRESCHOOLER?

HIGHLIGHTS

Preschooler’s Progress
Table-Time Tips
School Readiness

WHAT’S GOING ON WITH PRESCHOOLER?
3 YEARS

PRESCHOOLER’S PROGRESS

- Throws more tantrums and wants to be independent
- Loves to talk in sentences of five or more words well enough for strangers to understand. Says first name and age
- Usually toilet trained, with an accident once in a while
- Dresses, washes and brushes teeth with your help. Can put on shoes, but may not be able to tie shoelaces
- Walks up steps changing feet, rides a tricycle
- May make friends and play with them, show concern when they cry and name them
- Takes turns in games, understands the idea of “mine,” “his” or “hers”
- Opens doors, turns one page at a time, repeats common rhymes, copies a circle and names at least one color correctly
- Separates from you in familiar settings and takes pride in accomplishments
- Understands what “two” means
- Is proud when you notice positive behavior – being helpful, following a rule or doing something for herself
- Screws and unscrews jar lids, turns door handles
- Picks a dominant hand to use. If he seems confused about which hand to use, he could be having coordination problems

CARING FOR PRESCHOOLER

- Has an active imagination. May fear the dark or strange noises sometimes and have trouble falling asleep. An established bed time routine can help.
- She may sleep about 12 hours a day and may still need one afternoon nap
- Remind him to wash hands often, especially before eating and after going potty
- Scrapes or bruises are common at this active age
- Notice if she talks too loudly, appears not to hear you or isn’t following simple directions. She may need hearing or language skills tested
- Limit TV, movies, computer and video games to one to two hours daily up to age 5
- Watch at all times, especially when playing outside
- Teach to swim and be safe in the water

GROWTH & DEVELOPMENT ACTIVITIES

- What games does she like to play? This’ll tell you a lot about her development
- Loves to pretend – tea parties, dress up, fireman, builder, cooking or housework. Enjoy it together
- Read aloud to help expand his understanding of the world. Point out words on menus, billboards, stop signs and cereal boxes
- Give large crayons, coloring books and paper to draw on
- Give large beads to string or puzzles to work to help hand-eye coordination
- Show how and let her help set the table
- Teach him his name and age
WHAT’S GOING ON WITH PRESCHOOLER?

3 YEARS
CONTINUED

DEVELOPING A GOOD RELATIONSHIP

Tell him you love him no matter what. Show it with hugs, kisses, cuddles and back pats.

When correcting behavior, be sure she understands you are upset with it, not her. Tell or show her what she should do instead (use only very brief time outs).

Pay attention when he talks to you. It tells him he’s important to you.

When talking to her, stop what you’re doing and make eye contact at eye level.

Teach limits by setting a few reasonable rules to follow that are doable at his age and abilities.

Set routines to help her learn to trust and have confidence in the world around her.

Encourage him to try new things – food, games, friends – to build strong self-esteem.

TABLE-TIME TIPS

Give a variety of foods to eat so he has enough energy for his busy day.

Brush her teeth after meals or sugary liquids.

Serve the same food the rest of the family is eating.

Give plenty of water to avoid dehydration.

SAFETY FIRST

Tell him why he needs to stay out of traffic and has to wear a helmet when riding a tricycle or bike.

Teach

CONTINUED

22 BABY STEPS A Step-by-Step Child Guide | helpmegrow.ohio.gov
**TODDLER’S PROGRESS**

- Understands concepts related to numbers, size, weight, colors, textures, distance, position and time
- Lines up objects from smallest to largest. Counts from 1 to 7, not always in order. If taught, recognizes some letters, familiar words in simple books or on a stop sign. May print own name
- Is very curious, asks about birth and death. Constantly asks, “Why?”
- Sings simple songs and rhymes, remembers parts of a story
- Enjoys playing with others, but may be bossy
- Seeks approval and obeys simple rules
- Has lots of imagination, can’t always tell what’s real and what’s pretend
- Loves to tell jokes, even ones grown-ups don’t understand
- Shows more self-confidence. Explores more. Doesn’t always know he could get hurt so you need to watch for dangers
- Pours drinks, mashes own food, hops on one foot, may use scissors
- Understands “same” and “different”
- Can say first and last name

**SCHOOL READINESS ACTIVITIES**

- Attend scheduled medical checkups/appointments. Share any developmental concerns
- Read aloud daily. Take her to the library or bookstore. Encourage looking at books on her own
- Say nursery rhymes and finger plays like “Itsy Bitsy Spider” together. Encourage telling stories to younger children or siblings
- Encourage writing and words. Provide paper and notebooks. Print letters and numerals. Label toy shelves with pictures and words describing the toys
- Offer different art experiences – making Play-Doh®, creating pictures from cloth, paper, string, yarn and other household items
- Teach important number and space concepts. Count everything – plates, rocks, leaves, toys. Sort objects by shape or size – blocks or plastic lids. Talk about how objects are on, under, behind, or larger than others
- Praise accomplishments. He has a strong urge to feel important and worthwhile
- Encourage awareness of many cultures through dolls, puppets, pictures and books
- Give props to expand pretend play – grocery store, pizza parlor, school, birthday party
- Promote respect for living things by building a bird feeder together. Hang it up. Teach her the kinds of birds you see
- Teach him to use landmarks to find his way around your neighborhood. Help him learn his full name, address and phone
- Teach children the correct use of the phone and how to call 911

**HEALTHY SNACKS**

- Cut-up fruit
- Raw veggies
- Cubed cheese
- Yogurt
- Whole grain, unsweetened cereal
- Crackers

**TABLE-TIME TIPS**

- Get her in the habit of brushing teeth (or rinsing mouth with water) after meals and before bed
- Allow him to get plenty of sleep. Sleep and appetite go together
- Don’t fix your child separate food from the rest of the family
5 YEARS

KINDERGARTENER’S PROGRESS ➤
➤ Likes to sing, dance and act
➤ Wants to please friends
➤ Understands what’s real and what’s not
➤ Speaks clearly, uses future tense correctly, “Daddy will be here”
➤ Talks about things she did all day
➤ Draws a person with 6 different body parts, copies triangles and other shapes
➤ Tells his full name and address
➤ Builds a 10-block tower
➤ Hops on one foot, throws a ball overhead
➤ Swings, climbs, somersaults
➤ Likes to be independent but needs supervised
➤ Is sometimes cooperative and sometimes demanding
➤ Can use toilet on her own
➤ Counts 10 or more things
➤ Can use a fork and spoon and sometimes a table knife

SCHOOL READINESS ACTIVITIES ➤
Each school has its own guidelines about when to start kindergarten. Consider your child’s abilities and needs, input from preschool, screening results, and what each school offers to help you decide about a full or half day program.

TABLE-TIME TIPS ➤
➤ Plan ahead for school meals. Schools offer healthy options if your child eats there. When packing lunch, let your child help fix it and include 4 of the 5 food groups
➤ Give him plenty of exercise – at least 60 minutes a day
➤ Put her to bed the same time every night to get her used to a schedule
➤ Let him help in the kitchen. It teaches kitchen safety
This is an exciting time! All schools test your child for motor skills and knowledge of letters and numbers. Here’s how to help your child prepare.
TEACH YOUR CHILD TO
› Run, jump and climb outdoors
› Draw and trace basic shapes
› Cut with scissors
› Bounce a ball
› Ride a tricycle

MATERIALS: Crayons, markers, pencils, glue, scissors, paper, paint, puzzles, Legos® and blocks.

PHYSICAL SKILLS ➤

PREPARE YOUR CHILD TO
› Play well with other children
› Separate from a parent without being upset
› Share with other children
› Care about others’ feelings
› Follow routines
› Put toys away when asked and do other small chores responsibly
› Focus on an activity longer than 15 minutes

SOCIAL AND EMOTIONAL ➤

PHYSICAL SKILLS ➤

BE SURE YOUR CHILD
› Has required shots. You must show proof to the school
› Has had a dental and vision exam
› Knows full name, address and phone
› Knows first and last name of parent
› Knows to look both ways for cars when crossing the street
› Knows not to talk to strangers. Knows who to ask for help
› Has a set bedtime routine. You can read and talk together then
› Follows safety rules

HEALTH AND SAFETY ➤

PERSONAL NEEDS ➤

THING YOUR CHILD MUST DO WITHOUT HELP
› Use the bathroom
› Wash hands
› Brush teeth
› Use tissue to blow nose
› Button and zip up shirts and pants
› Put on and take off coat
› Put on shoes
› Use words to tell other adults when feeling sick or hurt

HEALTH AND SAFETY ➤

FAMILY GUIDES FOR EARLY LEARNING CONTENT STANDARDS ➤

This guide explains what a standards-based education is and shows you how to prepare children for kindergarten using routine family activities to teach reading, math, social studies and science. – bit.ly/FamilyGuidesELC

Spanish Version – Preparándose para el éxito en kindergarten: Guía para las familias

Somali Version – U Diyaarinta Guul Ka Keenida Waxbarashada Carruurta Yaryar: Tilmaamaha Qoyska

FIND A SCHOOL ➤

Healthy food gives energy for learning and play.

Breakfast Eaters DO BETTER IN SCHOOL! ➤

FIND A SCHOOL ➤

bit.ly/ohiofindaschool
What if Your CHILD NEEDS SPECIAL CARE?

Good news! Ohio has many resources to help families in this situation. We can connect you with doctors, therapists, support groups and more to help you find proper care and answers to your questions.

Ohio Early Intervention Services
Professionals come to you with parenting education, child developmental screenings and other types of assistance. (For low-income, pregnant women and new parents not covered by private insurance or Medicaid.) This program plugs you into a network of medical and health professionals all working together to ensure your infant or toddler gets the right care now and in the future – along with access to community services.

Children with Medical Handicaps Program
Genetics Services, the Sickle Cell and Metabolic Formula Programs and the Ohio Connections for Children with Special Needs birth defects information system link you to care and help you find payment for services.

Call for Help
1-800-755-GROW(4769)
Or contact your local health department.
RESOURCES

Helpful WEBSITES

AMERICAN ACADEMY OF PEDIATRICS
healthychildren.org

BRIGHT FUTURES
brightfutures.org

CENTER FOR PARENT INFORMATION & RESOURCES
parentcenterhub.org

EARLY LITERACY
Zero to Three
zerotothree.org/early-learning/early-literacy

EXCEPTIONAL PARENT MAGAZINE
eparent.com

FAMILY VOICES
Families and Friends Speaking on Behalf of Children with Special Health Care Needs
familyvoices.org

HEALTHY CHILD CARE AMERICA
healthychildcare.org

LA LECHE LEAGUE INTERNATIONAL
llli.org

OHIO ASSOCIATION FOR INFANT MENTAL HEALTH
oaimh.org

OHIO CHILD CARE RESOURCE & REFERAL ASSOCIATION
occrra.org

OHIO DEPARTMENT OF DEVELOPMENTAL DISABILITIES
Ohio Early Intervention
ohioearlyintervention.org

OHIO DEPARTMENT OF HEALTH
Infant Hearing Program
bit.ly/InfantHearing
ODH Genetics Services Program
bit.ly/ODHgenetics
ODH Metabolic Formula Program
bit.ly/ODHmetabolic
ODH Ohio Connections for Children with Special Needs
bit.ly/ODHspecialneeds
ODH Sickle Cell Services Program
bit.ly/ODHsicklecell
ODH WIC Program
bit.ly/ODHWICprogram
Resources for Those Without Health Insurance
bit.ly/ODHinsuranceresources

OHIO DEPARTMENT OF JOB AND FAMILY SERVICES
Child Care Information
jfs.ohio.gov/CDC/childcare.stm
Services for Low-Income Families
jfs.ohio.gov

SAVE OUR SIGHT
www.saveoursight.ohio.gov

SUPPORTING PARENT ACCESS TO RESOURCES, KNOWLEDGE AND EDUCATION (SPARKLE)
www.sparkle.usu.edu

THE GUIDANCE GROUP
guidance-group.com

UNITED STATES DEPARTMENT OF AGRICULTURE, NUTRITION INFORMATION
choosemyplate.gov

ZERO TO THREE
zerotothree.org

For information only. Please be aware that links may change. Not endorsed by Help Me Grow.

TABLE-TIME TIPS SOURCE
Ounce of Prevention Program, a collaboration of the Ohio Department of Health, Healthy Ohio, the American Academy of Pediatrics – Ohio Chapter, Nationwide Children’s Hospital, the American Dairy Association Mideast and the Ohio Dietetic Association.

ohioaap.org/projects/ounce-of-prevention