



Watch Me Grow Series Developmental Checklist

Share My Discovery As I:

	Attempts	Practicing	Accomplished	Mastered
Keep my hands fisted.				
Look at your face and eyes.				
Bring my fist to my mouth.				
Track objects with my eyes.				
Imitate your facial expressions.				
Smile.				
Respond to your touch.				
Sleep a lot during the day.				
Lift my head and turn it from side to side.				
Move my arms and legs abruptly.				
Like to suck (pacifier, thumb, finger, etc.).				
Make simple sounds when awake.				
Recognize the voice of mother and father.				
Enjoy being held and spoken to.				
Make eye contact.				
See things 8-12 inches away.				
Grasp a small thing briefly.				
Differentiate between voices.				
Look around and examine surroundings.				
Examine own hands and feet.				
Use both hands to bat, grasp, and handle objects.				
Track or follow you with my eyes.				
Practice control of head and body.				
Thrust and push with legs.				
Purposely use arms and legs.				
Lift head and move it from side to side.				
Reach for toys.				
Bat and grasp objects.				
Sit while head is supported.				
Listen to sounds in environment.				
Turn head towards familiar voices.				
Make sounds with saliva.				
Begin babbling or purposely making same sounds over again.				

✓ Reality Check: Parenting Myths vs. Parenting Reality

Myth: If I pick my baby up every time he or she cries I will spoil him/her.

Reality: Responding consistently to an infant's cry assures the baby that his needs will be met. When an infant's needs are met in a consistent manner, the basic need of trust is encouraged to develop. Studies have noted that babies who have their cries met in a timely, consistent manner actually cry less than a child left to "cry it out." An infant who has not been able to develop a sense of trust in others may indicate this by crying more often.

Crying is an infant's way of communicating - it is the adult's responsibility to determine what the infant is saying through the crying. An infant's cry may indicate a variety of needs which may include: hunger, boredom, tiredness, wetness, being too hot or cold or a need for comfort. Over time a parent can often learn to differentiate a baby's cry to determine what the baby is "saying."

To comfort a crying infant, you may want to try quietly talking to your infant or giving her a pacifier to calm herself. Other options include: wrapping your baby securely in a blanket, checking to see if he/she is wet, holding the baby in different positions or walking the baby to a different room in the house. Using bright colorful objects or mirrors to distract the baby's attention away from crying might also be helpful. Massaging an infant's arms and legs can also be soothing and relaxing.

Sometimes it seems that no matter what one does, the baby will continue to cry. It is always important to keep things in perspective. Sometimes it may be a good idea to gently put the infant in his/her crib for a few minutes as you take a moment to relax so you can offer comfort and assurance to the infant. Sometimes an infant may use crying as a means to deal with daily stress in the life of an infant.

Myth: If bonding doesn't happen immediately, it won't happen.

Reality: Bonding means different things to different people. Some think it comes about effortlessly, starting in pregnancy and continuing through interaction with the baby after birth. For others, it is thought of as something that happens or fails to happen exclusively in the first half hour after birth. In the role of parenting, bonding is defined as a process of getting to know and learning to understand your child while your child gets to know and understand you.

Based on Erickson's Stages of Development, the opportune time for bonding is within the first three months of life. It is during this time a child learns to trust himself, others and his world. Talking, smiling, holding, rocking, cuddling, singing, and establishing eye contact with your infant will help build this sense of trust and bonding with your child. Toys like rattles and mobiles used for brief periods of time can be helpful for baby entertainment, but at this age what a baby needs most is time and attention from the parents. Love and attention are vital for bonding and helping your infant establish a normal healthy development.

It is important to remember that bonding is a process. Because it is a process it involves continual interaction, communication, understanding and adaptation for both parent and baby.

