Healthy Babies...Healthy Families

THE SAN ANGELO CURRICULUM

Birth to 36 Months
Healthy Babies...Healthy Families curriculum, designed by Healthy Families San Angelo, is a teaching tool to be used during each home visit. It is organized in loose-leaf form so the Home Visitor can carry a discussion topic (usually a page or two) to each visit. Information is written at a level most parents can understand.

This curriculum, which spans three years, is broken down by months. Each monthly section covers developmental milestones, developmental needs, parenting skills, and activities for the parents and child to share. An emphasis is placed on building healthy parent-child relationships and building positive self-esteem in the child.

The developmental milestones represent the norm. Babies may reach some milestones earlier or later than the norm. The Home Visitor should use his/her discretion when selecting appropriate pages to present to the parent.

Since, by the time children reach the toddler stage, development becomes less standardized and less predictable, some material appropriate only for toddlers is organized separately under the heading "Toddler Topics." This structure allows the Home Visitor latitude in selecting material appropriate for each child's rate of development. Additional supplemental
headings include “Positive Parenting” and “Dads” to aid in meeting the needs of individual parents.

**HOW TO START**

On the first or second home visit, the Home Visitor takes the three-ring notebook with dividers and a discussion topic. These items are given to the parent to keep and build from.

Normally, the Home Visitor also takes a camera and gets a photo of the baby or baby and parents. This will be used on the cover and on the first divider of the notebook. From time to time the Home Visitor can take new photos to be added to the divider pages.

The Home Visitor should carry a topic from the curriculum to each home visit. These pages are added to the notebook. As the notebook is filled with curriculum, photos, keepsakes, and milestones in the baby's life, it becomes a treasure for the family to keep.

The material should be presented casually, in conversational form. If it is a "Play and Grow" activity page, the Home Visitor should carry the materials necessary to complete the activity, encouraging the parent to participate in the activity with the child.

As the curriculum topics are shared with the parents, time should be taken to listen to their questions and concerns. An
excellent time to praise the parents for positive parenting is as they share some of the milestones the baby has reached.

THE TOPICS

The curriculum is written in simple form, with basic information. The Home Visitor should be familiar enough with each topic to further discuss it with the parent, taking into account the individual learning style of each parent.

Many topics are designed to encourage the parent to spend some special time with their child. The Home Visitor may occasionally want to model some of the activities for the parents. However, emphasis is placed on the parents learning to interact with and encourage healthy development in their child.

Encouraging positive, nurturing interaction between the parents and the child is the ultimate goal.

THE CHECKLIST

A copy of the checklist is to be kept in each family's case notes. Each time a topic from the curriculum is shared with the family, the Home Visitor should record the date on the line to the left of the title. This allows the Home Visitor to keep track of which topics have been used and to avoid repetition.
Also, on the day set aside for documentation and planning future home visits, Home Visitors can use the checklist as a handy reference.

Thank you for choosing *Healthy Babies...Healthy Families* to use with your families!
**Healthy Babies...Healthy Families**

**Birth to 36 Months**

Curriculum Checklist

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<th>Date</th>
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<td>Your Child’s Health and Safety</td>
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<td>Who Will Watch Your Baby?</td>
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<td>Play and Grow: “I Heard a Noise”</td>
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<td>Helping Her Learn about Life</td>
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<td>Play and Grow: “A Special Song”</td>
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<td>Play and Grow: “How Does It Feel?”</td>
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<td>Play and Grow: “Magic Carpet Ride”</td>
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<td>Helping Her Learn about Life</td>
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<td>A Whole Night’s Sleep</td>
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<td>Play and Grow: “Get a Grip”*</td>
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<td>Play and Grow: The Name Game*</td>
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<td>Play and Grow: “Baby Shower”</td>
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<td>Helping Her Learn Language</td>
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<td>Helping Her Learn about Life</td>
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The Same Old Routine
Play and Grow: “Let’s Go Fishing”
Play and Grow: “Iceberg”
Play and Grow: “Up, Up, and Away”

7th Month
Helping Her Body Grow
Helping Her Brain Grow
TV or Not TV
Helping Her Learn Language
Helping Her Learn about Life
Baby-proofing
Tooth Care
Trying Solid Foods
A Bath in the “Big Tub”
Play and Grow: “Wild Ankle Ride”
Play and Grow: “One Special Book”

8th Month
Helping Her Body Grow
Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
Your Baby’s New Fears
More Solid Food
Play and Grow: “Tunnel of Mystery”
Play and Grow: “Baby on the Line”

9th Month
Helping Her Body Grow
Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
Keeping Her World Safe
Couple Time
Parent “Time-out”
Play and Grow: “A Mouthful of Sound”
Play and Grow: “Play with Your Food”
Play and Grow: “Track Down the Toy”

10th Month
Helping Her Body Grow
Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
Getting Started on the Cup
More Baby Fears
Play and Grow: “The High Five Family”
Play and Grow: “Skyscraper”
Play and Grow: “Words in Her World”

11th Month
Helping Her Body Grow
Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
How Much Food?
Handling the “NO-NOs”
More on Baby-proofing
Play and Grow: “Name Those Parts”
Play and Grow: “Where Did It Go?”

12th Month
Helping Her Body Grow
A Healthy Diet
Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
First Birthday Bash
Play and Grow: “Talk Like the Animals”
Play and Grow: “Just Dropping In”

13th Month
Helping Her Body Grow
Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
From Bottle to Cup
Car Seat News

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14th Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Play and Grow: “Heading for Home”

15th Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Play and Grow: “Spot the Butterfly”

16th Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Homemade Bubble Stuff
_____ Play and Grow: “The Magic Shirt”

17th Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Play and Grow: “Catch the Bubble”

18th Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Play and Grow: “Talking Socks”

19th Month
_____ Helping Her Body Grow

20th Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Play and Grow: “Play Dough Party”

21st Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Play and Grow: “Let’s Go Hunting”

22nd Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Tantrums
_____ Play and Grow: “Two of a Kind”

23rd Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Play and Grow: “Her Special Spot”

24th Month
_____ Helping Her Body Grow
_____ Helping Her Brain Grow
_____ Helping Her Learn Language
_____ Helping Her Learn about Life
_____ Sleeping by Herself

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25th Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Living Through the “Terrible Twos”
- Play and Grow: “Super Heroes”

26th Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- I Speak Your Language
- Helping Her Learn about Life
- Play and Grow: “We Go Together”

27th Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Digging Up Your Roots
- Play and Grow: “Famous Artists”

28th Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Hitting – Kicking – Biting
- Play and Grow: “Name That Face”

29th Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Play and Grow: “Tickle Monster”

30th Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Play and Grow: “Spiffy in a Jiffy”

31st Month

- Helping Her Body Grow
- Your Car: A No-kid Zone
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Play and Grow: “Food Painting”

32nd Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Play and Grow: “Be My Mirror”

33rd Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Imaginary Friends
- Play and Grow: “Treasure Hunt”

34th Month

- Helping Her Body Grow
- Helping Her Brain Grow
- Helping Her Learn Language
- Helping Her Learn about Life
- Imaginary Friends
- Play and Grow: “Treasure Hunt”

35th Month

- Helping Her Body Grow
- Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
Play and Grow: “What’s Going On?”

36th Month
Helping Her Body Grow
Helping Her Brain Grow
Helping Her Learn Language
Helping Her Learn about Life
Where She Should Be at Three
Play and Grow: “Tub of Fun”

Toddler Topics
Discipline and Your Toddler
Discipline and You
Self-esteem
Exploring
The Truth about Spanking
Time for the Toilet?
Getting Ready for Preschool
Talking to Your Toddler
Why Yelling Doesn’t Work
Homemade Play Dough
Homemade Toddler Toys
Play and Grow: “Big and Little”
Play and Grow: “Nature Walk”
Play and Grow: “Her Special Spot”
Play and Grow: “A Perfect Match”
Play and Grow: “Sink or Float”

Positive Parenting
Three Kinds of Parenting
When a Parent Leaves
Taking Care of Yourself
Parenting Together
Respecting Your Child

Dads
Why Dad is so Important
Why We Include Dads

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A Family Begins
You have just begun a wonderful and exciting journey called parenthood.

Being a new parent, your mind is probably filled with thoughts and feelings...some happy; some a little scary. You might be saying to yourself

"I want her to be the happiest baby in the world.

"I want only the best for my baby girl."

"There are so many new responsibilities!"

"How can I teach her everything?"

"She's so bright-eyed! She must be the smartest baby ever born!"

Health Families is ready to help you with your questions and your worries. Choosing to be a part of our program is a loving gift you are giving your baby.

We will help you find ways for you to build a strong, loving relationship with your child. You'll learn to make her world a place that is happy, safe, and filled with wonderful possibilities.
Through the months and years you and your Home Visitor will be building a very special, very personal baby book just for your daughter.

At each home visit your Home Visitor will be bringing you pages to add to your baby's special book. After you talk over the new thoughts and ideas in the pages, they will be added to the book.

By sharing these thoughts, together we can take some of the mystery out of this thing called parenthood.

Don't worry if you feel clueless right now. Parenthood is something you’ve never done before, so everything is new. But you'll catch on. And we'll be offering lots of useful thoughts and ideas.

You'll find handy "PARENT TIPS" that give helpful hints about parenthood. They look like this:

Every now and then we're going to run into a technical word that's way too big for its britches. No problem. Just look for "A Little Help."
We'll also talk about some of your own thoughts and feelings about having a child. You can write them down when you see "What Do You Think?"

Your baby wants to play with you. And you’ve got all the parts—your face, your hands, and your body. All you need are a few good ideas to get started.

At the end of each section of this curriculum you will find "Play and Grow" pages with ideas for fun and easy activities for you and your baby. These pages will be marked like this:

From time to time your Home Visitor will take special pictures of you and your family. These can also be put in your baby's book, along with many other "memories." This book will become something you and your daughter will cherish all your lives.

That's about it, so get ready to learn a few things, make a few mistakes...and become terrific parents!
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Premature Birth
A baby can be born weeks—or even months—too soon. The earlier she is born the longer she will have to stay in the hospital so the doctors can give her special care. They might even have to keep the baby away from YOU for a while.

**PREEMIES ARE DIFFERENT**

Premature babies are very different from babies that are born at the right time. They need special care.

**Before your baby was born**

- She didn't need to breathe on her own or digest food. Mom's body did all that!
- There was no gravity to fight;
- There were no bright lights, loud sounds, or things touching her that might bother her;
- There was a feeling of comfort and a soothing rocking when Mom moved around;
The temperature hardly ever changed;

She had the calming sound of Mom's heartbeat.

**BUT NOW IT'S A WHOLE NEW WORLD FOR YOUR PREEMIE.**

For your baby it was a shock coming into the world. It's going to take a little time for her to get used to things. She will need lots of help from you because

- She needs to eat a lot to grow and catch up with normal size and weight;
- She'll probably eat less food at each meal but eat more often than other babies because eating can make her tired;
- She sleeps longer and more often;
- She may not want to be held or even touched as much;
- She can get sick more easily;
- She will have weaker muscles and won't be comfortable being on her stomach. She might cry or fuss when you put her that way;
- At first she will probably need special care and medicine.

Even this young, she is already connecting with her world in many ways:
She looks at things and sometimes even turns her head to keep looking at them;

She listens to you and your partner when you talk;

She touches things to understand them better.

Watch how your baby connects with the world around her. You’ll see how she is getting better and better at it all the time.

YOUR PREEMIE IS SPECIAL!

Don't compare the way your baby is growing to other babies the same age. Her schedule is out of whack. That doesn't mean everything she does will be behind schedule. In some ways she might be ahead of other babies!

With your help your preemie will start to catch up sometime during the last half of her first year—sooner if she is only one month premature.

If your child gets sick or has to go back to the hospital, her growth might slow down. Don't worry, she'll catch up. It just takes time and T. L. C. (Tender, Loving Care).

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Baby's First Weeks
Help Your Baby Grow

Each baby grows at her own speed. Don’t worry if your little one doesn't match up month-by-month with this guide or with other kids. But if she seems like she's way behind schedule or you think there might be a problem, talk to your baby's doctor.

From the time she is born, your baby can see, hear, feel, smell and taste. Getting her to use all these senses will help her grow and learn.

✗ At two weeks she can see clearly for at least 8-10 inches. Bring things close for her to look at.

Her favorite thing to look at is you. Keep your face close to her when you feed, bathe, or pick her up.

Show her black and white or brightly colored objects. Use things like cereal boxes, colored pictures from magazines, and scraps of cloth. Name the shapes and colors.

✗ She loves the feel and smell and warmth of Mom and Dad. The sound of your heartbeat makes her feel safe and
happy. Start holding her a lot as soon as she's born, but REMEMBER TO HOLD HER HEAD.

※ Your baby loves to hear you talk. It's how she learns the language. The more words she hears, the smarter she’ll be.

Talk to your baby with a kind, gentle, or playful voice. You may feel silly at first, but you'll get the hang of it. Tell her about everything you are doing as you take care of her.

Your baby is already starting to think about how she feels about herself. If she likes herself, she will grow up happier.

Always use nice, positive words when you talk about your little girl. Use words like smart, strong, happy, cute, sweet, and kind. Never use words like dumb, bad, or naughty.

Don't worry about spoiling your baby by holding or paying too much attention to her at this age. You won't, because...

YOU CAN'T SPOIL A BABY!

After she gets to be about three years old you'll need to think about spoiling, but right now kids need to know that they are loved and cared for—SO GO FOR IT!

What Do You Think?

If your baby could understand everything you say, what would you tell her right now?
Your baby is starting to figure out the meanings of sounds. She’s putting things together in her head; things like

- When she hears the sound of your voice or your cough, she knows you’re close by;
- The sound of water running in the bathtub means it’s bath time.

This might sound weird, but your baby used to think things disappeared when they dropped out of sight. These days she’s starting to know better. She’ll keep looking at the place where it was, waiting for it to come back.

Your daughter can concentrate better than before. She’ll spend a lot of time touching and looking at things—especially her own face in the mirror.

Your little girl is starting to like playing with blocks. She’ll look them over and then check on how they taste. After that she might want to compare them with each other.
"Are there ways I can help make my child smarter?"

Yes! Keep up with her brain. The same old stuff makes her bored, and bored brains don’t learn.

Make sure there are plenty of new and interesting things in her play area, things that make different noises and have different colors, sizes, and shapes.

But don’t dump everything on her at once! Too many toys can confuse her. Just give her a few at a time.

Now and then switch out the toys with new ones to keep her thinking and learning.
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16th Month
Your baby’s muscles are getting a real workout lately.

She gets a kick out of dragging pull toys and pushing chairs around because it lets her know that she can make things do what she wants.

By this time your baby can walk fairly well by herself. She’s getting so good on her feet that she can walk up to a ball and kick it…and even dance a little.

Going down stairs used to be scary, but she has figured out how to do it—by crawling backwards!

Your toddler doesn’t tip over or fall down so much these days. She’s starting to catch herself before she falls.

She’s working on throwing a ball. Pretty soon she’ll be able to throw it overhand. And her aim is getting better!

She can build a tower by stacking up three blocks.

She can feed herself with a spoon, but she’s still spilling a little.
Did you ever buy a bottle of that stuff kids use to make bubbles? Have you noticed how much it costs? So have we!

Here’s a way to make lots of it yourself and save some money.

**DO IT YOURSELF BUBBLE STUFF**

You’ll need:

- A jar or bottle that holds about a quart and has a screw-on cap;
- 1 cup of Joy or Dawn liquid dish soap (these brands seem to work best);
- 1 to 3 Tablespoons of glycerin (ask somebody at the grocery store where to find it). It’s pretty cheap;
- Water.

Pour the soap into the jar. Fill up the jar with water. Do it slowly so it doesn’t get sudsy. Add the glycerin, and you’re done. That wasn’t so tough!

Pour some of your bubble stuff into a cup, a bowl, or a pan.

You can use almost anything with holes in it to make bubbles. Try a basket from berries. It’ll make millions of ‘em at a time.

Just dunk it in the bubble stuff and then blow through the holes or wave it around.
When your baby tries to catch the bubbles she gets good practice at making her muscles work together.

And when she pops the bubbles she’s learning that she can make things happen.

FOLLOW THESE EASY STEPS:

1. Buy a bottle of bubble liquid...or MAKE YOUR OWN! Follow the directions for “Homemade Bubble Stuff” your Home Visitor gave you. It’s easy and cheaper!

2. Take your baby to the middle of a room big enough to move around in...or go to the park when there’s no wind.

3. Show her how to blow bubbles. Then help her chase and pop them.

4. Make up bubble games. Try to touch the bubbles without popping them, or count them, or blow them into a fan.

Make sure the baby never gets bubble liquid in her eyes.

AND DON'T LET HER DRINK IT!
Words are your youngster’s new tools!

She used to learn about things by touching, tasting, and smelling them. Now she is learning more by asking questions.

Your child already understands most of what you say to her. She can do things you ask if you use simple words. And she’s learning more words every day!

Remember those days when you wished your baby could let you know what she wanted by talking? Well, those days are here because she can say about 50 different words now. Have you started wishing for silence yet?

"How can I help her learn to talk?"

When your daughter sees something new, she’ll ask you about it. Since most things are new for somebody her age, she’ll be doing a lot of asking.

Give her all the answers she wants. It
might be boring to you, but it’s a great way to help her use her language and learn about her world.

Get her to sing songs she’s heard on the radio and read short stories from her books. They are very good for helping her build her language and memory. They also help her learn to pay attention.

**Parent Tip**

It’s easy for us to remember things, but it’s harder for little kids. Don’t push too much to get your child to remember songs or stories. If you let her go at her own speed, she’ll have a lot more fun and want to keep at it.
Where She Should Be at Three

So she's three...

It’s time to take a look and find out if your youngster is “on track.”

If she hasn’t started doing all the things on the list, she should be doing them very soon. Give her all the help you can with the ones she’s still having trouble with so she can get “on track.”

By the time your little girl is three years old she should have these things worked out:

- **DRINKING FROM A CUP.** She should be totally off the bottle—even at naptime or bedtime;

- **TOILET TRAINED.** Most children are toilet trained by the time they are three. Your child might still have some "accidents" and still wet at night, but she should be trying to use the toilet and training pants instead of diapers. If you...
haven’t started to toilet train your child yet, don’t put it off. Start now!

※ HANDLING SOME JOBS OR CHORES. She should be able to do some simple jobs around the house that you have given her to do. When you ask her, can she put her toys away, put napkins on the table, or put her clothes in the hamper? She needs to be able to do things on her own so she’ll be ready for preschool;

※ TALKING. By age three your child should be able to talk in short sentences and know how to say and use from 300 to 1000 words. Strangers should be able to understand her;

※ PLAYING WITH OTHERS. Your little girl should be able to play with other children well enough to take turns. Can she sit with other kids her age and play circle games like rolling a ball?

※ COUNTING. Your preschooler should know what counting means. She should also understand a few numbers like "one," "two," and "three;"

※ UNDERSTANDING SIMPLE THINGS. She should understand what near/far; front/back; in/out; big/little; hot/cold; day/night; and inside/outside mean and how they’re different from each other;
★ **PAYING ATTENTION.** By this time, your daughter should be able to spend some time alone, playing or looking at books. She should be able to stay with one activity for about three to five minutes;

★ **WRITING.** Your three-year-old should be able to hold a pencil or a crayon and "write" on paper. She won't be able to write letters yet, but she should be able to draw lines and "scribbles" with some control;

★ **KNOWING COLORS.** By three your child should be able to pick out and name some colors: red, yellow, blue, green, black, and white.

If you think your daughter is behind in any of these things, talk to your Home Visitor about it. She will have some good ideas to help her get better at them, or she will know where to go for help.

Children can’t learn to do these things on their own. Your daughter needs you to teach her. It takes time and work, but it’s work that pays off by raising a smart, happy child who can handle the world around her.
When parents break up and one of them leaves the home, it’s hard on everybody. It can hurt the parents so much that they forget what it’s doing to their child. They might think it won’t bother her too much. After all, she’s too young to really understand.

It’s true. During a breakup the child doesn’t understand. But that’s exactly WHY it can hurt her, confuse her, and even scare her. Her whole world turns upside down. And she doesn’t have a clue about how to handle it.

If you and your partner are breaking up, there are some important things to know that will help your daughter get through it.

※ A lot of children think a family breakup is their fault: "My daddy left because I didn't pick up my toys." To a grownup, this might sound silly, but to a child it makes perfect sense. Be sure to explain to your daughter that the breakup is not her fault.

※ When your child wants to talk about the problem, be sure to take the time to listen and let her know it’s OK to talk about it.
Start out by saying something like, "It must really make you feel sad." That tells her you love her and know what she’s going through. It shows her that her feelings are important to you and that you’re always there to listen.

Both parents need to talk and agree to stop the arguing and bad feelings. Making sure both of you stay close to your little girl. Keeping her happy, safe, and loved are the only things that matter now.

Remember, your child needs you there for her now more than ever!

What Do You Think?

During a breakup, what could you do to make sure you stay close to your child and keep her the most important thing in your life?

What words would you use to tell your child that your family is breaking up (ask your Home Visitor for some help with this)?

© HFSA Healthy Babies...Healthy Families 0-36: Positive Parenting – When a Parent Leaves - F
Your child needs more than a mom. It takes both parents to help her grow up healthy—not just her body, but the way she thinks and feels, too.

Always remember, you are the two most important people in your child’s life. She needs and counts on you both. Nobody can take your place!

When it comes to raising kids, dads do lots of things differently than moms. Both ways are good; you just want a healthy balance between the two.

What’s most important is knowing that the healthiest way to raise a child is with both parents there, each doing things in their own special ways, whether they live together or not.
## DIFFERENCES BETWEEN MOMS AND DADS

### Moms
- Generally cuddle and coo with babies
- Sit with baby and rock
- Talk softly and gently touch baby’s skin
- Copy baby’s sounds and talk to baby in baby-talk
- Show how to play with toys in usual ways
- Jump in quickly and try to make things go smoothly
- Caution baby to be careful
- Play calmly and gently
- Want to protect children from everything
- Comfort baby; a “safe place” to go when life gets too rough
- Tender-hearted; have trouble saying “No”

### DADS
- Stimulate baby’s senses by showing her new things
- Get down on the floor with the baby to get her to move
- Great at making new and different sounds
- Don’t use “baby-talk” as much
- Come up with new ways to play with toys
- Try to get their child to figure things out
- Say, “Go for it! You can do it!”
- Play more rough and tumble
- Try to get little ones to explore and discover
- More likely to try to get a baby to keep her chin up when the going gets rough
- Set stricter limits on how a baby acts

©HFS Healthy Babies...Healthy Families 0-36: Toddler Topics – Play and Grow: “Nature Walk” - F
This activity will teach your little girl about the different seasons of the year.

She’ll use her hands, eyes, and ears to learn about how things in nature look and feel and how they change during the year.

FOLLOW THESE EASY STEPS:

1. In the house, tell your toddler that you are going on a nature walk to look for things that show if it is summer, fall, winter, or spring.

2. Go on a walk together. Tell her about something you see or hear that tells which season it is. Then ask her what she sees and hears. Say something like, “I see a red flower. They grow in summer. What do you see?”

3. Give her time to think of an answer.

4. Do this for every season so she can learn the ways they are different.

©HFSA Healthy Babies...Healthy Families 0-36: Toddler Topics – Play and Grow: “Nature Walk” - F
You can make a simple game about matching the way things look and feel. It will help to develop your toddler's sense of sight and touch.

It will also teach her to understand what “same” and “different” mean.

FOLLOW THESE EASY STEPS:

1. Cut out six or eight squares of different fabrics or carpeting (two of each kind). Make sure each kind has a different color and feel than the other kinds (red corduroy, blue velvet, white cotton, brown carpet).

2. Glue the fabric onto squares of cardboard.

3. Tell your toddler to find squares of fabric that match each other. Help her at first, but let her try as much on her own as she can.

4. When she finds matching squares, give her smiles and high-fives.

YOU WILL NEED:
- Old shirts, scarves, and scraps of fabric and carpet
- Cardboard
- Scissors
- Glue

Once your daughter figures out how to match fabric squares, make it a little harder. Have her close her eyes and try to find matches by touch.