



Child Development

Child Development

Pregnancy to 3 months



A lot of time, when we think of child development we don't think about pregnancy. It's important to remember though, there are a lot of very important developmental milestones, which happens during pregnancy. Your baby goes from being the size of a small poppy seed (4 weeks pregnant) to being the size of a pumpkin!



It's important to eat healthily and try to stay away from things that might harm your baby. Prenatal care is also very important. Visit your doctor and dentist regularly, so you don't have extra complications later on down the road.



When a baby is born make sure that you taking care of both you and baby! Where possible, breastfeeding is best. Newborns can be tough, not just on mom. Lots of rest for both baby and her parents are essential. Remember, to get all your regular well-child checks, and enjoy the smiles, with all the tears. If you are under a great deal of stress talk to your doctor or a mental health professional.

3 to 6 months

At three months your baby can recognize voices, faces, and smells. Your baby will learn to roll over and might even sit up. He can grip toys, and he is a **LOT** more vocal about his wants and needs. He is using more facial expressions now and is babbling.

P.U.R.P.L.E. CRYING

Some babies have a harder time adjusting more than others. P.U.R.P.L.E. crying is an acronym for when babies cry a lot for no reason. There are resources for this, remember you are not alone. If your baby is having a hard time and you are feeling stressed, get help. Make sure to check all her needs. Is she hungry? Tired? Wet? Once you know that your baby has all her needs met she still might cry. Know that this is a normal part of development. You can try to do many things to soothe an infant, but if nothing is soothing your child, it is better to put your baby in a safe, and secure place, like a crib or a bassinet for example and then step away. Getting help from another adult, can also help you with this stage.

6 to 9 months

Baby can sit up and maybe even crawl. With all this movement it's time to baby-proof your homes. Baby-proofing can be expensive but with creativity and diligence, even on a budget, you can do it. Baby can start to eat by herself. This is a great time to start some great, healthy eating habits. Some parents like to make their own baby food, or if you have WIC they can help with baby food as well. There are lots of things that can be dangerous for baby, but this is also a very exciting time for exploring.

9 to 18 months

Baby learns a lot in the time between 9 to 18 months, he is starting to walk and to talk. They start to develop their own personalities. If you have concerns about any developmental issues there are a lot of early intervention programs in your area. Start with your pediatrician, and/or teachers. 😊



18 to 36 months

Toddlers can be challenging, they are learning about the world around them. Everything to them is a challenge and an adventure. Language is a huge part of this stage. The more you talk, sing, and read to your child the more expressive they will be with language. If you are not comfortable reading, try sing a song with your child or try explaining to them the steps taking as you make dinner. The more you engage in conversations the stronger their language skills will be.

Preschoolers

Preschoolers are so much fun. By now, your child is talking and is always filled with questions. They are at the beginning stages of school readiness. Children are learning how to be in social situations, they are playing with other children. They are learning to listen to adults, and to follow more complicated directions.

Preschoolers love to play, and that is the best way for them to learn. They are developing the skills they need to read and to write as well. Try getting at your child's level and playing with them there. The internet is a great resource of ideas for activities to do with preschoolers. If you do not have the internet ask your child's teacher for activities that you can do with your child at home.



Elementary School Age

Once your child is in elementary school, life just moves faster and faster. There are so many changes and milestones during this time. From losing their baby teeth, to writing in cursive. Elementary school age children have varying stages of development. Between Kindergarten to third-grade children are setting up a base for education that will be with them for the rest of their lives. It's important to address any problems your child may have as soon as notice them, that way they don't fall behind in school. Attendance in school at this age is crucial, to their academic success for the rest of their life. When there are problems work with their teacher to solve them. Never forget it takes a village, to raise a child!



RESOURCES

Up-To-3 Early Intervention

6810 Old Main Hill USU, Logan, UT

(435-797-0592) <http://upto3.org/>

Services for children ages 0-3 with disabilities or delays. Free developmental screenings.

Baby Your Baby

<http://www.babyyourbaby.org/>

Immunizations at low cost, birth control, family planning. Prenatal assistance. Must qualify.

The Family Place

<http://thefamilyplaceutah.org/>

Children's & parenting classes, child neglect/abuse prevention & counseling. Respite and emergency Child Care

Family Information & Resource Center

50 S. 400 E., Logan, UT

(435-755-5171) <http://www.loganfamilycenter.org/>

Storytime, toys, books, training videos to check out free, workshops, literacy program, etc.

Family Institute of Northern Utah

175 E. Pioneer Avenue, Logan, UT

(435-752-1976) <http://finu.org>

Counseling for children who witness conflict, child/ parenting groups, classes.

Activities

Pregnancy-12 months

GET MOVING.

Pregnancy doesn't come with a handwritten note getting you out of gym class for nine months. In fact, exercise helps reduce some of the most unpleasant pregnancy symptoms, like backaches, constipation, bloating, and swelling; plus it improves posture, muscle tone, and endurance (something you'll definitely need during labor and delivery). Walking, swimming, biking and prenatal yoga or dance classes are low-intensity options that should be totally doable for you (pregnancy fatigue and all). If you were a runner before you were expecting, you can usually keep at it, though you should talk to your doc about adjusting your routine. No matter what exercise you choose, stay hydrated, wear a super-supportive bra, and listen to your body: If you're feeling faint, overheated, or experience any pain, stop.



0-6 months

Tummy Time!

Keep it simple: Put a clean blanket or mat on the floor and place your baby on his stomach. For safety's sake, you should only do this while your baby is awake and you or another responsible caregiver keeps a close watch.



"Tummy time is a great time to play and interact with Baby," says Leann Kridelbaugh, MD, a pediatrician at Children's Medical Center of Dallas. She says you can begin this practice as soon as

your newborn comes home from the hospital. At first, aim for very brief (3- to 5-minute) sessions two or three times a day. As your child gets bigger and stronger you can slowly work your way up to 40 to 60 minutes of tummy time daily.

6-12 months Fun with Food

Finger Food Ideas For Baby

FRUITS - Colorful and highly nutritious, small soft bits of fruit will have your baby's fingers pinching away for hours. Fruits make great baby finger foods, be sure to take out any seeds or pits.



- soft baked peaches - diced
- small dices of ripe banana
- small bits of ripe mango
- dices of ripe pears
- small dices of melon
- small bits of avocado
- squished blueberries
- kiwi - diced small (seeds should be ok for baby over 10 months old)
- small dices of mixed fruits for a "finger fruit salad"



Coat slippery fruits with Cheerio "dust" or wheat germ for easier pick-up. Shake on some spices to liven up the fruits!



Toddlers

Catch me if you can

Toddlers love to be chased. The object of this game is for your child to be caught, especially if he knows he gets a big bear hug and tickles every time you manage to catch him.

For variety, pretend to be different types of animals, like a roaring lion or a scuttling mouse. A great game for building up your toddler's stamina – and yours!

Young collector

Go for a walk together and take a bucket with you. Collect small objects that interest your toddler, like stones, leaves, and pinecones.

Your toddler will want to carry the bucket, but don't be surprised if she also dumps its contents and starts again. Toddlers this age love to fill containers just so they can empty them again. Meanwhile, she's practicing her hand movements and developing dexterity.

Roll it to me

Balls are popular toys for toddlers. Bouncy balls are best for outside play, but soft, foam balls make great indoor toys. Keep a close eye on your child when he's using these because some curious toddlers like to see what they taste like, and foam is a choking hazard.

The best ball game to start playing with your toddler is an easy version of "catch." Both of you sit on the ground facing each other with your legs apart and toes touching. You can now roll the ball back and forth to each other without it going out of bounds. Fun for building arm muscle strength and hand- eye coordination

Who's hiding here?

Just as your toddler loved peekaboo as a baby, he will love to play simple games of hide-and-seek. First thing in the morning, take turns hiding under the bed sheets. At bath time, use a big towel. For extra fun and giggles, you can gently prod him when he's hiding. Say something like, "Hmm, is this a leg? Or is it an arm?"

Games like this show your toddler that just because he can't see something, that doesn't mean it isn't there. For a change, carry him into another room while he's wrapped up in the towel. He'll be delighted to pop his head out and discover he's in a new spot.

Tea party

on a sunny day, take a child-size plastic tea set outside and fill a large plastic bowl with water. Pretend you've "come to tea" and have your toddler fill the teapot and pour the tea.

Don't expect a dainty tea party. It's likely to be a watery mess. But this fun game will challenge his coordination, and he'll be fascinated to discover the properties of water – like how it always flows down, not up.

Preschoolers

How to Make GOOP



Goop Recipe

- A 16-ounce container of Cornstarch
- Up to 1 cup of water
- Liquid watercolors or food coloring (optional)

Goop Supplies

- Big tub for mixing — I used an under-the-bed storage container. Contains the mess well so my child can play unencumbered by my tidy concerns
- Spoons, little bowls, toys for playing, scooping and filling

How to Make Goop: Part 1

I placed the jar of corn starch in the tub, alongside a spoon and a couple small bowls. I expected my daughter to pour the whole tub of corn starch out, but she carefully scooped it from the container spoonful by spoonful. This took a while, as she was wholly invested in the process of measuring and then pouring. Once playing with dry corn starch ran its course...

How to Make Goop: Part 2

We added water. I gave her just a bit at a time, so she could enjoy the process of mixing it in. Ultimately, the cornstarch: water ratio is about 2:1. And as we went along, **we chatted about what it felt like in our hands, if it was easy/hard to stir, and what we were doing.** And once she seemed to have her fill of playing with this funny material...

How to Make Goop: Part 3

We added a few drops of liquid watercolor to the Oobleck (food coloring would also work), which she swirled around and mixed up. She was really interested in dropping the color into the mixture, but stirring it up barely sustained her interest. After focused play with the Oobleck for the last 30 minutes, she seemed to have had enough...ready to move on to the next big thing.



Elementary School age



Break Out the Board Games

Spend some quality family time together with a classic board game. Whether you are snapping up real estate in Monopoly or resisting the tempting treats in Candy Land, playing board games are a great way to spend a leisurely day at home.



Kitchen Fun with Kids

As long as the kids are stuck indoors, why not spend the day together making a family-favorite recipe? Make cooking fun with your "assistant chiefs" by assigning responsibilities. Not only will they feel important and useful, they'll also be proud of their delicious delicacy. Plus, you get to sit down and enjoy the fruits of your labor together.