

Infancy Visit #9

- 3 Month Growth & Development
 - Safe Baby Gear
 - Toys

Topics for Next Visit

- PIPE: Emotional Refueling
- Babies & Stress – Zero to Three
 - Brain Development
 - IPV & Children

Month 3: What's New?

I'm so bright!
Here are some new things
I've learned this month:



Things I can do with my body:

Things I can do with my hands & arms:

Things I can do with my feet & legs:

Things I can do with my voice:

Learning about you... What's your parenting style?



Ben & Bessie Bossy



Henry & Hannah Hands-off



Fletcher & Fiona Fair

These parents make strict rules. They like to control their child. They might not show warmth or love. They focus on what their child does wrong.

These parents want their child to live without rules. They want their child to feel free. They let the child make the choices. They let their child decide what to do and when.

These parents want their child to be responsible. They have clear rules. They explain the reasons for the rules. They focus on the things their child does right.

Many parents are somewhere in between the parenting styles. Do you see one of these styles in yourself? Which parent do you want to be? What can you do to be more like that parent?

Dad's Days: 3 Months



If I give baby a rattle,
he/she:



BABY IS LEARNING EVERYDAY

Babies learn to enjoy you and themselves by playing. How do you play with baby? Make it simple!

1. **Get ready.** Is baby in the mood to play? Are you? How can you tell?
2. **Get set.** Has baby noticed you? Say hi. Get baby's attention.
3. **Go.** Have fun. Watch for cues that baby is enjoying play!

Play is a gift to both of you!

I know my baby is ready to play when:

My baby knows I'm ready to play when:

I know my baby is having fun when:

I know my baby is done playing when:

Copy Cat: a fun game with baby

- Hold baby in front of a mirror. Watch each other's faces.
- Make funny faces. Pucker your mouth. Make silly sounds.
- Give baby some time. Baby may try to copy you.
- Enjoy the game. It's not about what baby can do. It's about having fun!

How is this “DAD” thing going for you?

Month 3: What's Next?

SAFETY CHECK

Baby bottles are not allowed in my bed. I could choke.

No one is allowed to prop my bottle. I could choke. And I want you to hold me!

At three months I might:

- Raise my head & chest when lying on my tummy
- Swipe at objects
- Follow moving objects with my eyes
- Maintain eye contact with you
- Smile at the sound of your voice
- Begin to babble

You can help me learn!

- Put me on my tummy in a safe place. Put something above my head. I will practice lifting my head to see.
- Hold me so we are face-to-face. Smile & look into my eyes. See how long I will look into your eyes.
- Play voice games. Talk with a high voice. Or whisper. Make noises. Repeat any sounds I make.
- Put me in a safe place and let me watch you during the day. Tell me what you are doing. Talk to me all the time!
- Hang something on my crib or swing. Be sure it is out of my reach! I can open my hands and swipe at it.

Safe Baby Gear

Your baby gear needs to be safe. Here are some safety tips for baby gear:

- Run your fingers over the gear. Touch the parts that touch your baby. Avoid gear with rough or sharp spots. Avoid gear that can get too hot in the sun.
- Check all hinges and moving parts. Make sure nothing can pinch baby.
- Check all straps, buckles, buttons, and covers. Be sure all are firmly attached.



Car Seats



- Get a safe seat. Check for recalls. Check the age of the seat.
- Install car seats correctly. Follow instructions in the user manual. Visit a safety inspection station. They can check that the seat is installed correctly.
- Use car seats correctly. Obey age and weight limits.
- On hot days, cover the seat with a towel or blanket. This keeps the seat from getting hot enough to burn baby.
- Never leave baby asleep in the car seat when you get out of the car to run errands.
- Never leave baby sleeping in the car seat when you arrive home.

Cribs & Porta cribs

- The crib should have a firm mattress. The mattress should fit snugly in the crib. There should be no space between the mattress and the crib slats.
- Check to see that crib slats are less than 2 3/8 inches apart... about the width of a soda can.
- Cribs should not have cutouts in the headboard or footboard.
- Cribs should not have drop-sides. Crib sides should not move.
- There should be no posts that stick up above the headboard or footboard.
- Paint should be non-toxic. The paint is not peeling or cracking. There are no splinters or rough edges.
- Don't put blankets, pillows, toys, or bumpers in the crib.
- Place crib away from windows, blinds, or hanging cords.



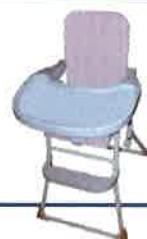
Safe Baby Gear

Play Yards

Follow safety rules like those for cribs. The playpen needs a firm mattress or surface. It must fit snugly. The mesh on the playpen must be intact. There can be nothing that might catch or pinch baby. Don't put blankets and pillows into the playpen.

High Chairs & Strollers

- A wide base keeps high chairs and strollers from tipping.
 - A harness or belt keeps baby from falling or climbing out.
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Baby Carriers



A baby carrier lets you hold baby close. It keeps your hands free for other tasks. Choose a carrier than fits you and baby. Be sure baby is held securely in the carrier. Young babies should face your chest. Babies who can hold up their heads can face out.

Don't cook with baby in the carrier. Baby could be burned.

Walkers and Activity Centers

Some caregivers use walkers. Walkers can be a danger. Baby can run into a wall. Baby might pinch fingers. Baby can tip over. Baby could fall down the stairs. Baby can reach things that are unsafe. (Such as hot drinks or poisonous plants.)



A safer choice is a walker that doesn't move. These are called bouncers, exersaucers or activity centers. Sometimes they have some wheels that rotate around a center post. Sometimes the seats bounce. These toys do not move across the floor. This helps keep baby safe.

The height of an activity center can be set for baby's height. Baby's feet should be flat on the floor. Baby's knees should be slightly bent. Never leave baby alone in the activity center.

Safe Baby Gear

Recalled Products

Sometimes baby gear is recalled. A flaw in the product makes it unsafe. These products can't be sold in stores.

If you get something used, it might have been recalled. To check, you can go online. The Consumer Product Safety Commission lists recalls. It can tell you if your gear was recalled.

Proper Infant Seat Harness Use



- ✓ Child should *always* be buckled while in the carseat. This reduces risk of strangulation and falls out of seat.
- ✓ Infant seat should *never* be placed on top of shopping cart or table/counter. Child is at risk of serious injury from falls.
- ✓ Child meets the minimum weight and height limit.
- ✓ Child is less than the maximum weight and height limits.
- ✓ Child rear-faces to the minimum of age 2, switching to a convertible carseat if an infant seat is outgrown.

Is This Toy Right for Baby?

Some toys are good for babies. Some are better for older children. How do you know which toys are right for your baby?

Age	At this age, babies like...	Good toys for this age...
0-3 months	<ul style="list-style-type: none"> • Human faces • High-contrast patterns • Soft music • Gentle movement 	<ul style="list-style-type: none"> • Hand-held toys • Mobiles • Music players • Mirrors (unbreakable) • Books with bright patterns • Wind chimes
3-6 months	<ul style="list-style-type: none"> • Playing with their own hands • Chewing on things • Bright colors • Looking around them 	<ul style="list-style-type: none"> • Rattles • Toys that dangle above them • Soft stuffed animals • Squeaky rubber toys • Board books • Colorful teething rings
6-9 months	<ul style="list-style-type: none"> • Shaking things • Banging things • Moving around • Grabbing things • Buttons and levers 	<ul style="list-style-type: none"> • Busy toys (with buttons, wheels, switches, etc.) • Soft dolls or stuffed animals • Balls • Blocks • Moving toys • Board books
9-12 months	<ul style="list-style-type: none"> • Moving around • Exploring • Playing pretend • Grabbing things • Sorting things 	<ul style="list-style-type: none"> • Push toys • Sorter toys • Balls • Toy telephones • Board books • Books with textures and flaps • Blocks • Pail and shovel

Is This Toy Safe?

Not all toys are good for babies. Check each toy before baby plays with it. Use this list of questions.

Is the toy sharp or pointed?	Babies could poke or scratch themselves.
Is the toy small enough to choke on?	Babies like to chew on toys. Small toys could be swallowed. They could choke baby. Use a toilet paper roll. If it fits inside the roll, it's too small for baby.
Does the toy have any small parts?	Small parts could come off. Babies can choke on these parts.
What is the toy made of?	Some metal toys are made of lead. (Often older toys or toys made in other countries.) Babies that chew on them can get lead poisoning.
Is the toy painted? What kind of paint was used?	Some toys are painted with paint containing lead. (Often older toys or toys made in other countries.) Babies that chew on them can get lead poisoning.
Will the toy break?	Babies need sturdy toys. The toys should be strong. They should be hard to break.
Does the toy come apart? What is inside?	No part of the toy should be small enough to choke baby.
Is the toy washable?	Check the label for washing instructions. Some soft toys can be cleaned in a washing machine. Others can be cleaned with a damp rag. Wooden & plastic toys can often be cleaned with soap and water.
Have the tags on the toy been removed?	Babies can be scratched by tags as they play. They can pull off tags and swallow them.
Does the toy use small magnets or batteries?	Babies can swallow small magnets or batteries and make them very sick. Avoid toys that use small magnets or batteries.
Does the toy have a long string or cord?	Cords and strings should be less than 12 inches long. Babies can get cords wrapped around their necks.

Make Your Own Toys

Toys can cost a lot. To save money, make your own. You can make toys with things you find at home.

Sorting toys

Use pots and pans or rubber bowls. Baby can stack and sort. Give baby balls or blocks. Baby can fill and empty the bowls.

Babies love to bang on pots and pans. Give baby a spoon. Be ready for some noise!



Blocks

You can make your own blocks. Use small boxes or empty milk carton. Tape the lid closed to form a block.

Boxes

Large boxes are lots of fun. Baby can hide in the box. Baby can crawl in and out. Cut out a square for baby to peek through. Babies will play with a box for hours.

Books

Make your own baby books. Take pictures of people in your lives. Make a photo album for baby.

Or cut pictures from catalogs and magazines. Cut brightly colored shapes. Tape the pictures to sturdy cardboard. This makes a board book for baby.



Noise toys

Make a crinkle ball. Use an old sock. Fill it with newspaper or tissue paper. Babies love the crinkling sound. Tie or sew the sock closed. Don't use string, staples, twist ties or other things that could be unsafe for baby.

Use a coffee can for a loud noise-maker. Fill the can with pebbles. Glue the lid closed. Rolling the can across the floor makes a great noise! (*Check often to be sure lid is tightly glued.*)

What are your ideas?