PARENTING INTERVENTIONS for every child
NEWBORN, BIRTH UP TO 1 WEEK

PLAY: Provide ways for baby to see, hear, touch, and move arms and legs freely. Gently soothe, stroke and hold child. Skin to skin contact is good.

COMMUNICATE: Even a newborn baby can see your face and hear your voice. Look into baby’s eyes and talk to baby. Breastfeeding is a good time for this.

PARENTING INTERVENTIONS
1 WEEK UPTO 6 MONTHS

PARENTING INTERVENTIONS

**PLAY:** Provide ways for child to see, hear, feel, move freely, and touch. Slowly move colourful things for child to see and reach for.

**SAMPLE TOYS:** Rattle, big ring on a string.

**COMMUNICATE:** Smile, laugh and talk with the child. Get a conversation going by copying child’s sounds or gestures.
6 MONTHS UP TO 9 MONTHS

PARENTING INTERVENTIONS

PLAY: Give child clean, safe household things to handle, bang, and drop.

SAMPLE TOYS: Containers with lids, metal pot and spoon.

COMMUNICATE: Respond to child's sounds and interests. Call child's name and see child respond.
9 MONTHS UPTO 12 MONTHS

PARENTING INTERVENTIONS

**PLAY:** Hide child’s favourite toy under a cloth or box. See if the child can find it. Play peek-a-boo.

**SAMPLE TOY:** Doll with face.

**COMMUNICATE:** Tell child the names of things and people. Show child how to say things with hands, like waving bye.
**12 MONTHS UPTO 2 YEARS**

**PLAY:** Give child things to stack up and to put into containers and take out.

**SAMPLE TOYS:** Stacking and nesting objects, containers and clothes clips.

**COMMUNICATE:** Ask your child simple questions. Respond to your child’s attempts to talk. Show and talk about nature, pictures and the things around them.
2 YEARS AND OLDER

PARENTING INTERVENTIONS

PLAY: Help child count, name and compare things. Make simple toys for child. Sample toys: objects of different colours and shapes to sort and stick, chalk board, puzzles, and books with pictures.

COMMUNICATE: Encourage child to talk and answer your child’s questions. Teach child stories, songs and games. Talk about pictures or books.