



PARENTING INTERVENTIONS

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NEWBORN, BIRTH UP TO 1 WEEK



PARENTING INTERVENTIONS

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.

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

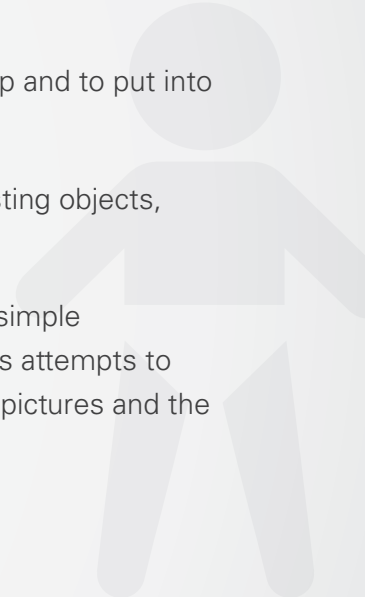


PARENTING INTERVENTIONS

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.

