

# ENHANCING GROWTH AND DEVELOPMENT

## INFANCY:

- Supply adequate food. Physical contact while feeding is extremely important.
- Change the child's position frequently. Exercise the child's arms and legs as you bathe and change him/her.
- Provide toys to see, hear and grasp. For example, rattles, mobiles, finger foods, water toys.
- Talk and/or sing to child a lot. Use many words, not just sounds. Read to the child using simple picture books.
- Play pat-a-cake and peek-a-boo. Smile or frown in response to the child's anticipation. Provide the child with physical comfort.
- Provide and prepare for freedom of movement.

## TODDLER:

- Provide a large, safe place for carefully supervised physical activities.
- Childproof the home as much as possible to minimize the need for constantly saying "no."
- Provide materials and activities to develop coordination. For example, clay, finger paints, pick-up objects, blocks, sand, crayons and puzzles with large pieces.
- Gradually start toilet training; consult an authority to ensure what to do.
- Allow child to feed self sometimes. Let child try to dress self.
- Talk a lot. Say the names of objects seen and used. Teach names of body parts. Explain things simply.
- Establish clear rules necessary for child's safety. Praise the child for behaving in ways you find pleasing and appropriate.
- Be patient. Try to understand the child's wishes; don't overly demand compliance.

## EARLY CHILDHOOD:

- Provide lots of protein in diet as child may engage in a variety of physical activities.
- All body parts should be labeled and questions about body functions should be answered simply, honestly and calmly.
- Provide opportunities for child to print personal name and names of favorite people and objects.
- Promote child's reading and writing.
- Point out and explain common cause and effect relationships, e.g., how rain helps flowers grow, how hitting makes a person hurt, etc.
- Play word games. Answer questions patiently.
- Teach child to take simple responsibilities and follow rules, such as taking turns.
- Keep in touch with school and how child may feel about his/her performance.
- Show your love by recognizing positive behaviors.