

COMMUNITY NEWSLETTER!



Did You Know: In 2021, 49% of children in Leon County who were entering kindergarten were not demonstrating kindergarten readiness skills.

IN THIS ISSUE:

PLAY-TIME: THE IMPORTANCE OF LEARNING THROUGH PLAY

With school out, cookouts, baseball, ice cream, swimming, and warm weather to enjoy... It is officially summertime!

For many families, long summer days give parents more time to reconnect and play with their children. However, playing games and making fun memories with your baby is important year-round! In fact, a baby's development is positively impacted by consistent, loving, and interactive play with parents.

Play is a crucial part of a baby's development. Through play, babies learn about the world around them, develop their cognitive and motor skills, and form social connections with others. Play is also an excellent way for babies to develop their language skills. When babies play, they are exposed to new words and sounds, which help to build their vocabulary and improve their language comprehension.

As parents, you are your child's favorite playmate. So, as your baby grows and develops, you should actively engage with them through different activities. This might include reading to them, singing songs and playing games that promote brain development and engage their senses.

If you're not sure how to play with your baby, don't worry! Lots of parents feel a bit awkward or silly at first. For this reason, we have created **The Ultimate Guide to Playing With Your Baby in the First Year!**

Play-Time:
The Importance of
Learning Through Play

Meeting
Developmental
Milestones: Is Your
Baby on Track?

The Ultimate Guide for
Educational Play &
Child Development

MEETING DEVELOPMENTAL MILESTONES: IS YOUR BABY ON TRACK?



The first 12 months of a baby's life is a very important time. As babies grow, they learn many new skills in a short period of time, such as smiling, crawling, talking, and walking. And when your child performs these skills for the first time, they are known as developmental milestones.

For most new parents, understanding the different milestones can be quite challenging. However, every parent should be aware of what to expect from their child at each stage of development to prevent missing any possible developmental issues. Usually, developmental milestones have a typical age range.

But having said that, it is not necessary for a specific developmental milestone to be achieved at a certain age. For example, some children may be able to talk at the age of eight months while others may take up to one year to start saying their first words. Consequently, it is also important to remember that all babies are different from each other.

MY BABY'S DEVELOPEMENT CHART

| | | |
|--|--|---|
| <p>1 Month</p> <ul style="list-style-type: none"> • Crying is a newborns only form of communication. • Hearing is fully developed. • Responds to familiar sounds. • Recognizes familiar scents. | <p>5 Months</p> <ul style="list-style-type: none"> • Listens to your voice. • Identifies colors. • Transfers objects from one hand to another. | <p>9 Months</p> <ul style="list-style-type: none"> • Has learned object permanence. • May Start to crawl. • Able to understand words like "No", "Mama" & "Dada". |
| <p>2 Months</p> <ul style="list-style-type: none"> • Begins to lift head & shoulders during Tummy Time. • Comforted by touch & recognizes faces. | <p>6 Months</p> <ul style="list-style-type: none"> • Giggles & laughs. • Sits up with support. • Rolls over on both sides. • Teething begins. | <p>10 Months</p> <ul style="list-style-type: none"> • Points at objects. • Recognizes household sounds. • Uses index finger and thumb to pick things up. • Says "Mama" and "Dada" to the correct parent. |
| <p>3 Months</p> <ul style="list-style-type: none"> • Makes eye contact • Mimics sounds & starts to babble • Open & closes hands. | <p>7 Months</p> <ul style="list-style-type: none"> • Sees in full color. • Hearing is fully developed. • Able to stand with support. | <p>11 Months</p> <ul style="list-style-type: none"> • Looks & Listens. • May begin to hold onto furniture, while walking. |
| <p>4 Months</p> <ul style="list-style-type: none"> • Grabs Objects • Will push up with his or her arms when lying on his stomach. | <p>8 Months</p> <ul style="list-style-type: none"> • Sits up with no support. • Recognizes different shapes. • Claps hands together. • Responds to his or her name. | <p>12 Months</p> <ul style="list-style-type: none"> • Can sit up for long periods. • May take first steps. • Understands one-step commands. • Enjoys story time & role play games. |

The Ultimate Guide for Educational Play & Child Development

The moment your baby is born, they look to you for guidance and help as they explore this new world. And as your baby grows and develops, you will wear many hats: chef, personal assistant, and teacher. However, your role as a teacher may be one of the most important!

Babies are born to learn. From the time a child is born, he or she is learning every waking moment. As a matter of fact, 90% of your baby's brain development occurs between birth and five years of age. For these reasons, it is important for all parents to feel empowered in their role as their child's first teacher.



Here is The Ultimate Guide for Educational Play & Child Development!

The Benefits of Play for Baby

- 1) Brain development:** Play is essential for the healthy development of a baby's brain. Play also stimulates the production of brain-derived neurotrophic factor (BDNF), which helps promote healthy brain growth and development.
- 2) Motor skills:** Play is a vital way for babies to develop their motor skills. Activities such as crawling, reaching and grasping help babies develop new physical abilities. Playtime also promotes coordination, balance, and spatial awareness.
- 3) Language development:** Play provides an opportunity for babies to practice communicating with others. When babies play, they are exposed to new words and sounds, which helps to build their vocabulary and improve their language comprehension.
- 4) Social and emotional development:** Play is an important way for babies to develop their social and emotional skills. Play allows babies to practice social interactions, such as taking turns, sharing, and cooperation. It also provides an opportunity for babies to express their emotions and learn how to regulate their feelings.
- 5) Creativity and imagination:** Play is an excellent way for babies to develop their creativity and imagination. Through play, babies can learn to solve simple problems, explore different ideas and concepts, and experiment with new sounds, sights, objects and activities.

Turn to Next Page for Fun & Educational Activities to Do With Baby!

9 Fun & Educational Activities for Baby

It's good to try plenty of different play activities with your baby. This promotes brain development by giving your baby many ways to learn about the world. From tummy time to funny faces, here are 9 activities to try with your bundle of joy!



At 3-6 Months

- 1) Read books, sing songs and recite nursery rhymes together. Babies enjoy cloth books with different textures, flaps and characters.
- 2) Let your baby hold, drop and roll different balls. This helps your baby learn about how things move.
- 3) Play with rattles, bells and other toys that make noise.
- 4) Put toys around your baby to encourage movement.

At 6-12 Months

- 5) Provide fun bath toys for dunking, measuring, floating and pouring.
- 6) Give your baby toys with buttons to push to make things happen, or try activities like shaking or banging objects.
- 7) Play with stacking blocks and toys that your baby can roll or push across the floor.
- 8) Read using different voices for different characters or make the sounds of different animals.
- 9) Enroll in our Parents as Teachers Program! We bring all the activities to your door!

Help Your Child be Successful in Kindergarten & Beyond!

Parents as Teachers is a FREE early childhood home visiting program designed to help families learn more about parenting and how to support their child's development through play!

Enroll Today!



When you enroll in Parents as Teachers, our parent educators are here to support you on your parenting journey by:

- Demonstrating ways to help your child learn through play
- Providing resources for you & your child to connect through fun activities, games, and crafts
- Sharing information about every stage of your child's development



[CapitalAreaHealthyStart.org](https://www.CapitalAreaHealthyStart.org)

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The Angel Awards

Tickets on Sale Now!

In support of local infants and their families, join us for our 2023 Angel Awards: Silent Auction & Benefit honoring Cheryl Willis and Nicole Everett of Conversations with Nicole. All ticket purchases include dinner, a drink voucher, live music, and a raffle entry for a gift card bouquet!



Location: The FSU Alumni Center – 1030 W Tennessee St.
Date: Thursday, August 17th, 2023
Time: 5:30 p.m. to 9:30 p.m.

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education,



women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



Give Babies Plenty of "Tummy Time"! Tummy time refers to placing baby on their stomach while they are awake and someone is watching them.

Babies should always sleep on their backs, which can help reduce the risk of Sudden Infant Death syndrome (SIDS). But babies who spend too much time on their backs can develop skull deformities often known as flat head syndrome.

