

# THE NEWBURGH BASICS



## MAXIMIZE LOVE, MANAGE STRESS



Turn over for tips on the *Maximize Love, Manage Stress* Basic.





## INFANTS (0-12 MONTHS)

### HOLD THEM

Hold, kiss, and cuddle your infant! Do not worry about spoiling them. There is no need to hold back on sharing love.

### RESPOND TO THEM

Your infant depends on you to meet their needs. Watch and listen for clues about how they feel and what they need. For example, a cry or whimper may mean that they are hungry or hot. Over time, you will learn to read your infant's signals. Respond to what you notice. This helps them learn that you care. It also teaches them about cause and effect.

### COMFORT THEM

When upset, infants have a hard time calming down on their own. They depend on you to help manage their emotions, so comfort them when they get fussy or cry. Bit by bit, they will learn ways to help soothe themselves (like sucking their thumb). Some babies cry more than others. If your baby cries a lot, raise the issue with your doctor.

### HAVE A ROUTINE

Settle into a consistent routine schedule for daily activities like feeding, naps, bathing, reading, and bedtime. Every baby is a little different, so it may take some time to figure out a rhythm that works for your family. Keep in mind that routines change as your baby gets older. For example, bedtime or nap time may change over time.

### MANAGE HOUSEHOLD STRESS

Stress is normal, but too much stress is bad for a baby's brain. Things that cause stress for an infant are loud noises, adults who seem upset or angry, or when adults do not respond to their needs. It is important to have strategies for coping when your life gets stressful. Talk to friends, family, or your doctor about ways to deal with stress.

## TODDLERS (12-36 MONTHS)

### RESPOND TO THEM

Watch and respond to your toddler's words, feelings, and behaviors when they are upset as well as when they are happy.

### CUDDLE THEM

Regularly hug and cuddle your toddler to help them feel safe and loved. And, remember that boys need just as much love as girls do.

### ENCOURAGE THEM

Toddlers get a lot of satisfaction and confidence as they master new tasks. Help your child try new things. Follow their lead when they seem interested in something. Be supportive and encouraging as they take chances. Reassure them as they try to figure things out.

### TALK ABOUT FEELINGS

Teach your toddler to name their feelings. This will help them understand and express emotions. You can say things like, "It looks like you're scared because you fell. Falling can be scary! But now you're OK."

### INVOLVE THEM

Find simple ways to involve your toddler in chores and other activities around the house. For example, they could help you stir while you are cooking. This makes them feel helpful and provides opportunities for learning.

### HAVE A ROUTINE

Have consistent times and ways of doing activities like feeding, bathing, reading, and bedtime. Your child will have an easier time with activity transitions when they know what to expect. Another part of a routine is having rules that you use consistently.

For more, visit [www.newburghbasics.org](http://www.newburghbasics.org)