

Johnson County Library's

# BOOKS TO GROW

## Kit Theme: **Resources for Infant Care Providers**

- Book titles included:

1. **YOU & YOUR SMALL WONDER: Book 1 Birth-18 Months** by Merle Karnes
2. **BABY GAMES: The Joyful Guide to Child's Play from Birth to Three Years** by Elaine Martin
3. **THE NEW BEYOND PEEK-A-BOO & PAT-A-CAKE: Activities for Baby's First 18 Months** by Evelyn Munger
4. **ENTERTAIN ME!: Creative Ideas for Fun and Games with Your Baby in the First Year** by The Riverside Mothers Group
5. **HIGGLETY PIGGLETY POP! 233 Playful Rhymes and Chants for Your Baby** by "Miss Jackie" Weissman

- Video:

**BABY MUGS**

- Audio:

**THE BABY RECORD**

Additional titles available at the Johnson County Library:

**BABY SIGNS: How to Talk With Your Baby Before Your Baby Can Talk**

by Linda Acredolo

**TAKING CARE OF YOUR NEW BABY** by Jeanne Driscoll

**PIGGYBACK SONGS FOR INFANTS & TODDLERS** by Jean Warren & Marion Ekberg

**FOR READING OUT LOUD** by Margaret Kimmel

**BABY PROOFING BASICS** by Vicki Lansky

**BABY PLAY: Activities for Discovery and Development During the First Year of Life**

by Pat Petrie

**YOUR BABY: THE FIRST TWELVE MONTHS** by William Sears, M.D.

**LEARNIN GAMES FOR THE FIRST THREE YEARS: A Guide to Parent-Child Play**

by Joseph Sparling

**MOTHER GOOSE COMES FIRST** by Lois Winkel

## Language Development of Infants

From *Birth to 6 weeks*, these are some of the things your baby is learning to do :

- ◆ Cry when hungry, uncomfortable, tired or unhappy.
- ◆ Differentiate between voices and other sounds.
- ◆ Respond to, but not yet vocalize sounds.
- ◆ Make simple sounds when awake and not crying.
- ◆ Recognize mother's and father's voices.

*Some ways you can help:*

- Be aware that crying is a natural and healthy sign of normal development. This rich emerging language is used by him to indicate discomfort, impatience, lack of attention or affection, stimulus overload, fatigue or other feelings. You will begin to be able to differentiate the meaning of his cries by 3 to 4 weeks of age.
- Talk and sing to your baby; this allows him to become familiar with your voice.
- Imitate cooing and gurgling.
- Reinforce your baby's vocalizations by smiling and talking back; try to prolong interactive exchanges.

From **6 weeks to 3 months**, these are some of the things your baby is learning to do:

- ◆ Listen to sounds around her.
- ◆ Turn her head when a familiar voice is heard.
- ◆ Make sounds with her saliva.
- ◆ Begin babbling and making the same sounds again and again.

*Some ways you can help:*

- Talk to your baby about her surrounding, what she is doing and the things she is exploring.
- Give her a variety of objects to hear, see and feel, and describe them as she observes or investigates them
- Sing to your baby.
- Respond to your baby when she coos and gurgles, so she will know that crying is not the only way to get attention.
- Imitate the sounds that she makes to reinforce her efforts.

From **3 to 5 months**, these are some of the things your baby is learning to do:

- ◆ Distinguish between familiar and unfamiliar voices.
- ◆ Identify and respond enthusiastically to your voice.
- ◆ Listen to sounds he makes with his own mouth.
- ◆ Gurgle and coo to show pleasure.

*Some ways you can help:*

- Talk and describe objects and actions to your child as he experiences them.
- Recite nursery rhymes or sing songs to your baby while changing his diapers, rocking or feeding him.
- Be aware that although your baby does not talk yet, he is beginning to associate particular sounds with actions.
- Talk to your baby often about everything he sees, hears, feels or tastes.

From **5 to 8 months**, these are some of the things your baby is learning to do:

- ◆ Vocalize simple syllables, such as ba, ka, da, ma and na.
- ◆ Listen closely to your voice and other sounds in her environment.
- ◆ Understand a few words which are used often such as mommy, daddy, baby and bye-bye.

*Some ways you can help:*

- Be aware that your baby is able to understand language LONG before she is able to talk. You will know she is beginning to understand when she looks at a familiar person or object when you name it.
- Give your baby colorful books with vinyl or hard pages and simple pictures to see and handle. Allow her to put them into her mouth.
- Establish a routine of reading or looking at books with bright colorful pictures during quiet times, before nap or bedtime. Let your baby turn the pages when she is ready.
- Say the names of objects your baby sees in books and in her surroundings so she can begin associating words with specific items or actions.
- Play a variety of music for your child.
- Sing or recite rhymes, rhythmic poems or stories; babies particularly enjoy songs or stories which have patterns.

From **8 to 14 months**, these are some of the things your baby is learning to do:

- ◆ Recognize words as symbols for objects.
- ◆ Listen for a few minutes to rhymes, jingles, children's television programs or commercials.

*Some ways you can help:*

- Talk to your child often, using simple but descriptive sentences.
- Show your child pictures of animals and make the sounds they make. Encourage him to imitate you.
- Help him learn simple games like pat-a-cake or so-big, and applaud his efforts.

From **14 to 24 months**, these are some of the things your baby is learning to do:

- ◆ Understand many words and follow instructions.
- ◆ Appreciate repetitive stories, rhymes, commercials and children's television show.

*Some ways you can help:*

- Be aware that this is a critical time for language development. Talk to your child often, praise her when she responds to instructions, and listen attentively when she tries to express herself. These efforts on your part will reinforce her interest in communicating.
- Devote a special time for reading simple stories or looking at picture books. Quiet, relaxed times, such as before nap or bedtime, are ideal.
- Help your child notice details in objects she sees. When she names a familiar item, expand on what she says by explaining what it does or how we use it.
- Recite nursery rhymes for her.

Information excerpted from parent handouts of the Parents As Teachers Program.  
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**Library**

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