

Children 2 - 3 Years Old

- ◆ Help your child calm down during a temper tantrum by holding him/her, taking him/her to a quiet place or ignoring the tantrum. Stay calm and don't overreact.
- ◆ Don't yell or hit, even if your child hits or kicks (from frustration)! Be a role model for correct behavior by staying calm and talking in a soothing tone.
- ◆ Offer your child choices to improve cooperation and promote self-esteem; "Do you want to wear your red shirt or your blue shirt?" "Do you want to put your truck away first or your teddy bear?"
- ◆ Allow for independence, but protect from physical harm.
- ◆ Make sure your child always stays in sight.
- ◆ Encourage imaginative play by using blocks, pots/pans, plastic containers, boxes, etc. Expensive toys aren't necessary.
- ◆ Read to your child **every** day; register your child at your local public library, attend story hour and check out lots of books.

If you have any questions,
please call Healthy Start at
407-254-6822

Help give your child the best start in life...
a **Healthy Start** for a **Healthy Future!!!**



Tips for Raising a Successful Student



Did you know that learning and behavioral problems as well as developmental delays can be linked to low birth weight and prematurity?



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Babies born prematurely and/or at a low birth weight are more likely to be students with problems like Attention Deficit Disorder, learning disabilities, behavioral problems, or be below academic grade level.

Tips for Babies to Have a Healthy Start for a Healthy Future

- ◆ Begin taking a multivitamin with at least 400mcg of folic acid everyday starting today. Folic acid is good for everyone and women who take it before getting pregnant significantly decrease their baby's risk of a spinal cord birth defect.
- ◆ Have a check-up before trying to get pregnant. The healthier you are *before* pregnancy, the greater chance you have for a healthy pregnancy and baby.
- ◆ If you smoke, quit! 20% of all premature births are attributed to smoking and it poses an increased risk for Sudden Infant Death Syndrome (SIDS).
- ◆ Never use drugs or alcohol during pregnancy! Their use increases the chance of stillbirth, prematurity and birth defects.
- ◆ About 50% of pregnancies are unplanned. Consider if you're ready to become pregnant right now. If not, find a family planning method that works best for you.
- ◆ Schedule a prenatal doctor's appointment as soon as you think you might be pregnant so any problems can be identified and addressed early.
- ◆ At your first prenatal visit, **request a Healthy Start screening form** to be eligible to receive services, including childbirth education classes; **anyone** can receive services at no cost.



Tips to Help Your Child Learn and Grow

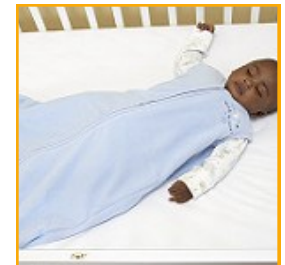
Babies Birth to Age 1

- ◆ Hold, cuddle and touch your baby as much as possible.
- ◆ Crying is normal, so respond with loving attention - you can't spoil a newborn!



- ◆ NEVER, NEVER shake a baby!
- ◆ Read, sing, and play classical (Mozart) music.
- ◆ Play peek-a-boo, pat-a-cake and gentle tickle games.

- ◆ Arouse your baby's senses with colorful objects, mirrors, different textures and sounds.
- ◆ While feeding (breastfeeding is best), look into your baby's eyes, smile and talk.
- ◆ Remember: Always put your baby on his/her **"Back-to-Sleep"** and **"Tummy-to-Play"**.



Children 1-2 Years Old

- ◆ Be sure you can always see your child, especially around any water to prevent drowning. It's the #1 cause of accidental deaths in FL for children under 4.
- ◆ Read stories every day and play simple games.
- ◆ Limit time in front of the TV (pediatricians encourage no TV until age 2).
- ◆ Re-direct "bad" behavior by telling your child what he/she can do, not just what he/she can't do.
- ◆ Teach your child it's important to show feelings, but not by hurting others. Praise your child when he/she shows self-control or uses words to express feelings.