

Be enjoyable to be with

0-3 months

Babies can read your cues, too! Baby loves to be with you and to see your happy face.

Focus on baby and make yourself emotionally available to her.

If you are stressed out, ask for help.

4-6 months

Allow yourself to take a moment to sit back and enjoy the pleasures of being a caregiver.

Watch your baby while he is sleeping or playing and take pleasure in the fact that this little person is an important part of your life and you are a part of his.

7-12 months

Spend time with her.

Take pleasure in watching her, seeing how much she has grown, how much she has learned.

Take notice of her unique personality when she is with others, with you, and when playing on her own.

Take it all in and take pride in how much your little girl has grown.

13-18 months

Enjoy your baby's company.

Sit back and watch him play.

Watch him build on his strengths, engage with the world and become a confident independent little person.

19-24 months

Take pride in knowing your little toddler is becoming independent and mastering things on her own.

25-36 months

Enjoy being around your toddler and spending time with him.

You are helping him become a strong, independent individual. Take pleasure in this but know that you will always be his caregiver and will be there when he needs you.

Do not make him feel bad for making mistakes or for doing things in a different way.

Encourage him to try new things, build on his strengths and to do things on his own.

37-48 months

Model coping emotions so she can learn acceptable ways to cope.

Praise turn-taking during every day routines.

Even though she may be showing more independence, she still needs you to build her self-esteem, confidence, optimism, and enjoyment of everyday activities. Take pride that you are helping to shape how she views the world.

49-60 months

Tell her how proud you are of her abilities whenever you catch her doing something well. She will feel proud of what she's done and will have a strong sense of her strengths and abilities.

Engage in activities that she chooses and let her take the lead. This shows respect for her ideas and builds the relationship.