Responsive Care

0–6 Months
- Frequently make eye contact, and smile and laugh with your baby.

6–12 Months
- Put aside and spend special time talking, playing, and singing to your baby. It builds strong bonds.

Positive Parenting

0–6 Months
- Hold, swaddle, cuddle, sing, and calm your baby down when they are crying or sad.

6–12 Months
- Keep harmful, dangerous, and poisonous things, like detergent and medicine, where a child can’t reach. Keep the play space safe.

1–2 Years
- Set routines for your child so they know what is coming next. Reading a book together can be one of the routines in your home.

2–3 Years
- Allow your child to participate in household activities. For example, the child can play pretend or help sort vegetables when you are cooking. It builds independence.

1–2 Years
- Talk to your child about feelings. If the child is crying, ask why they are sad. Praise them when they do something good.

2–3 Years
- Explain to your child why a behavior is desired or undesired. Be a good role model.

Maternal and Child Survival Program
Early Childhood Development Toolkit:
AGES 0–3

Early Stimulation

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**PREGNANCY TO BIRTH**

Your baby can hear and recognize your voice. Talk to your baby throughout the pregnancy.

Rest throughout the day, as needed. It helps your baby to relax and grow properly.

A healthy mother means a healthy baby. Try to minimize stress during your daily routines.

Prepare a rattle, colorful toys, and other soft playthings for your baby.

**LEARN THROUGH PLAY**

**0–6 MONTHS**

Provide some colorful objects for the child to see and grab. Slowly move the objects for your child to see and reach for.

Sing songs and make hand motions that go along with the lyrics. Eventually, your baby will start to copy your gestures and sing along with you.

Even infants communicate. Start a conversation by imitating your baby’s sounds and gestures. When your baby says “uuu,” you also say “uuu.”

**1–2 YEARS**

Make a toy box with a variety of safe objects the child can play with and explore (examples include cups, lids, a small bottle, pots, leaves, dolls, etc.).

**2–3 YEARS**

Encourage your child to play with writing objects, and draw in the sand or on the floor with a stick, tree branch, or piece of chalk. Give your child opportunities to draw or write on paper or slate.

**6–12 MONTHS**

Tell your child stories, rhymes, and songs, and encourage them to clap their hands and copy hand gestures.

**2–3 YEARS**

Continue to read books to your child and talk about the pictures. Encourage your child to tell simple stories.

**EARLY COMMUNICATION**

Tell your baby you love them. Talk to your child throughout the pregnancy.

A healthy mother means a healthy baby. Try to minimize stress during your daily routines.

Prepare a rattle, colorful toys, and other soft playthings for your baby.

**0–6 MONTHS**

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