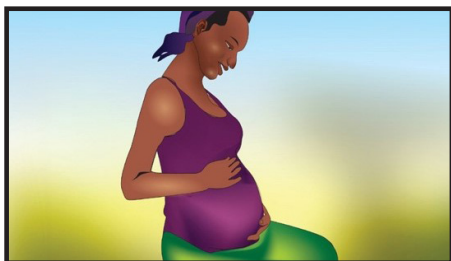
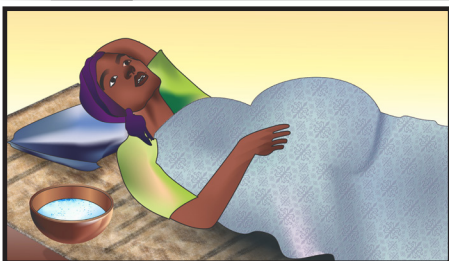


# EARLY STIMULATION

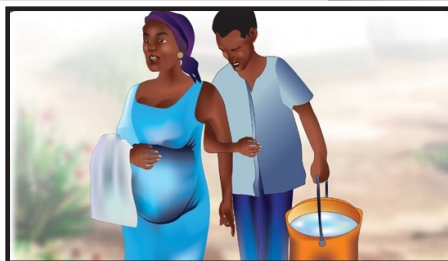
## PREGNANCY TO BIRTH



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.

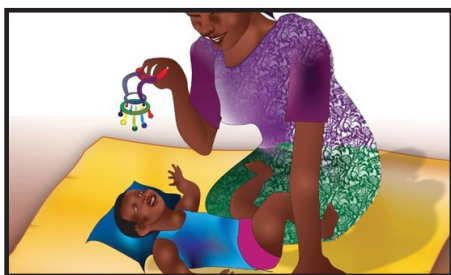
### 0–6 MONTHS

### 6–12 MONTHS

### 1–2 YEARS

### 2–3 YEARS

## LEARN THROUGH PLAY



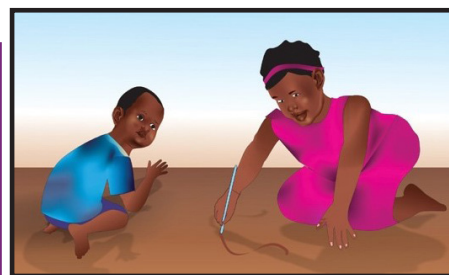
Provide some colorful objects for the child to see and grab. Slowly move the objects for your child to see and to reach for.



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.



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.).

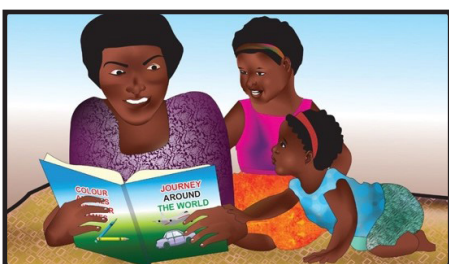


Encourage your child to play with writing objects, and draw in the sand or on the floor with a stick, tree branch, or piece of chalk. Give your child opportunities to draw or write on paper or slate.

## EARLY COMMUNICATION



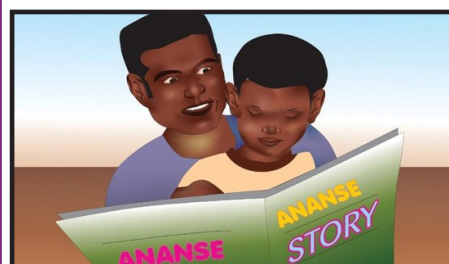
Even infants communicate. Start a conversation by imitating your baby's sounds and gestures. When baby says "uuuu," you also say "uuuu."



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

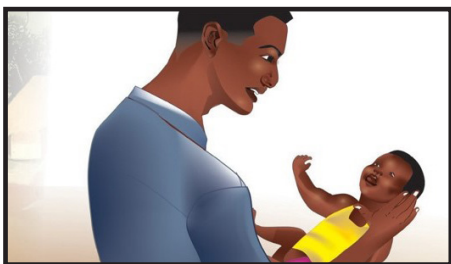


Take your child outside often. Tell them the names of the things you see.



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

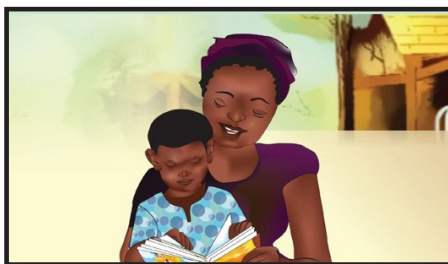
## RESPONSIVE CARE



Make frequent eye contact, and smile and laugh with your baby.



Put aside and spend special time talking, playing, and singing to your baby. It builds strong bonds.



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.

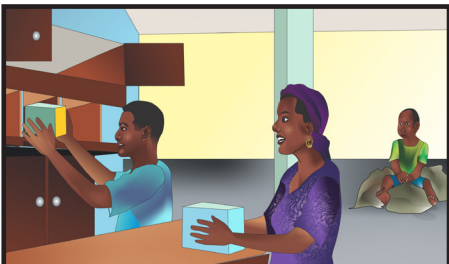


Allow your child to participate in household activities. For example, the child can play pretend or help sort vegetables when you are cooking. It builds independence.

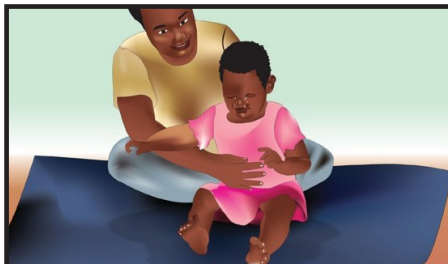
## POSITIVE PARENTING



Hold, swaddle, cuddle, sing, and calm baby down when they are crying or sad.



Keep harmful, dangerous, and poisonous things, like detergent and medicine where a child can't reach. Keep the play space safe.



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



Explain to your child why a behavior is desired or undesired. Be a good role model.



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