



Milestones in a child's life involve sitting, walking, talking, etc. They give parents (and doctors) a way to assess if a child is developing as expected.



Caring for Babies & Young Children

Children need to learn in order to gain knowledge, understanding and skills. What we teach our children is very important because it can have a lasting affect on their behaviour.

Key Factors in Child Learning

- A child rarely learns in isolation
- Learning most generally takes place in a setting of children within the same age group
- Some factors that affect learning are motivation, peer relationships, and communication between a child and adult
- Other factors are environment, physical setting, emotional atmosphere, and social and cultural

Things You Can Do

Feeding Your Baby:

- Try to breastfeed for at least the first year. If you work, you can empty your breasts by hand or use a breast pump. Breastfeeding is a way of bonding with your child.

Your Baby's Safety:

- Always be gentle with your baby. Shaking or hitting a baby can cause brain damage or even death.
- Always put babies to sleep on their backs to prevent Sudden Infant Death Syndrome (SIDS).
- Be careful about sleeping with your baby.

Childproof Your Home:

- Never leave a child alone, especially in the kitchen or the bathroom. Drain the tub and keep the toilet lid closed. A child can drown in an inch of water.
- Install safety latches, baby gates, outlet covers, and other safety gadgets where needed.

Spend Time With Your Child:

- Try to set aside time every day to give your child your full attention
- Play and be active with your child
- Listen to your child and respond promptly
- Remember that each child is unique, with their own personality
- Be supportive of your child's make-believe games
- Understand that it is normal for a toddler to say "no" a lot

For more information,
contact NorWest Community
Health Centres at 622-8235.

www.parentscanada.com

www.canadianparents.com

www.todayparent.com



Caring for

Babies & Young Children



Early Learning and School Readiness:

- Create safe, interesting places to play
- Provide opportunities for your child to play with other children
- Let your child work through problems before you offer help. Give only enough help so he can safely continue on his own
- Children under 2 should not watch TV at all. Limit TV for older children and know what they are watching
- Have your child screened by Fair Start at the age of 18 months to check your child's development in speech and language, motor skills and social development
- Take your child to drop-in programs for moms and tots

Where to Find Help

NorWest Community Health Centres <i>Parenting Programs, 525 Simpson St.</i> www.norwestchc.org	622-8235
FAIR START <i>TBDHU 999 Balmoral St.</i> www.fairstart.ca	625-8817
Thunder Bay District Health Unit <i>999 Balmoral St.</i> www.tbdhu.com	625-5900
Thunder Bay Indian Friendship Centre <i>Family Support Program</i> <i>401 Cumberland Street N.</i>	345-5840
Children's Centre <i>283 Lisgar St.</i> www.childrenscentre.ca	343-5000
Our Kids Count, Northwood Plaza <i>425 Edward St. N.</i> www.ourkidscount.net	623-0292
Dilico Anishinabek Family Care <i>200 Anemki Place</i> www.dilico.com	623-8511
Communities Together for Children www.ctctbay.org	624-5690
Ontario Early Years <i>425 Edward St.</i> www.ontarioearlyyears.ca	