

25 WAYS TO BUILD ASSETS IN INFANTS



1. Respond to infants' needs immediately.
2. Hold infants and interact with them during feedings.
3. Show your delight in each infant's growth and development.
4. Always supervise and monitor infants to keep them safe.
5. Find out what infants are communicating when they cry.
6. Prop infants up so they can see more.
7. Distract infants from inappropriate behavior and draw attention to appropriate behavior.
8. Infants have reasons for the things they do. They pull on an earring because it looks interesting. They squish food all over their tray because it feels good in their fingers. They shriek to hear the sound of their voice. They bat at someone's face because they can't fully control their movements. Sometimes adults think that actions like these are "misbehavior." They're not. Infants don't hurt people, make a mess, or create an annoying racket on purpose. They do these things because they come naturally to babies at this stage of life.
9. Encourage new milestones, such as crawling and standing, without pushing infants when they aren't yet ready.
10. Make sure infants spend most of their time with their parents or one or two consistent caregivers.
11. Be flexible with an infant's schedule and gradually introduce predictable routines.
12. Monitor activity carefully at this age. It's easy for an infant to become understimulated or overstimulated. When babies turn away, shut their eyes, or become fussy, they're often overstimulated. Babies also tend to become fussy when they don't have enough activity. When an infant seems upset, be aware of what's going on in the environment.
13. Expose babies to new environments, such as parks and stores.
14. Sing and read to babies daily.
15. Provide new, interesting things for infants to look at, such as toys in different colors, shapes, and sizes.
16. Create a caring atmosphere at home, in childcare centers and nurseries, and in other places where infants spend time.
17. Talk to all family members about your values. Model and teach values as infants grow. For example, feed infants nutritious foods, and eat healthy foods yourself. Talk with the family about how these choices build.
18. Treat all infants equally. Be excited about all the infants you see.
19. Encourage older infants to experiment with sounds and with touching new things.
20. Affirm infants as they learn new skills.
21. As infants start to eat solids, expose them to new foods a little at a time.
22. Love, respect, and accept infants unconditionally.
23. Get to know and enjoy each infant's unique personality.
24. Create positive interactions. Play together in ways that make infants laugh and enjoy the time together. Play with fingers and toes. Gently poke an infant's tummy or chubby knees. Show an older infant how to play "Pat-a-Cake."
25. Have fun with infants. Rock them. Play peek-a-boo. Crawl after them on the floor.