

# Family Fact Sheet

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## Helping Young Children to Learn and Grow

Learning about what is the best care for the development of infants and toddlers is important. We know that having warm and loving relationships between young children and the adults in their lives has a lasting influence. Warm, sensitive care in the first year of life can help children handle minor stress in preschool better.

Elementary children will show fewer behavior problems when faced with stressful situations. Children may show more adaptability later on. A stimulating, learning environment for infants and toddlers can even increase their brain development. Loving care, nutrition, good health care, and daily learning about his or her world add to the child's natural abilities and help the brain to develop.



### How to Learn and Grow with Your Infant or Toddler:

- Learn about the child's natural routines and moods. From the first days of life on, answer his cries for help and his feelings of happiness. Hold, touch, comfort, and play when he wants to. When he needs to rest, let him rest.
- Develop warm, loving relationships which show how much you care, value who he is, and make the child feel safe and secure.
- Understand that each child is different and special.
- From infancy on, talk to, sing to, and read to the child. Early language development is the key to school success. Limit television and play music.
- Encourage play and have a safe play space, use stimulating toys, and listen to the child.
- Keep routines and rituals to help the child know what to expect.
- Discipline is teaching. Help the child to understand the results of their behaviors.
- Choose good child care and stay involved in the care.
- Remember good nutrition, health care, and to take care of yourself, too.