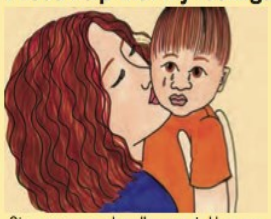
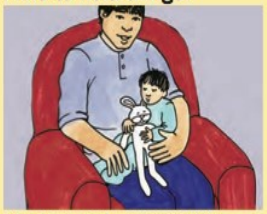
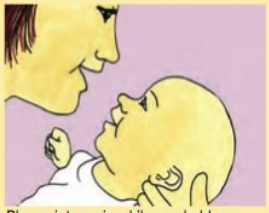
Watch and help me grow from birth to 18 months!

	Birth - 3 Months	3 - 6 Months	6 - 9 Months	9 - 12 Months	12 - 15 Months	15 - 18 Months
PHYSICAL HEALTH I grow and learn best when my body is healthy.	**I can lift my head.** I need some awake time on my tummy, playing with you on the floor.	**I can roll over.** I love exploring on the floor. Put toys near me...I'll reach for them!	**I can sit up, try to move.** I learn by doing. Give me toys I can hold and a safe place to move around.	**I use my fingers and toes.** Play games and sing songs with me that use my hands and feet.	**I start walking without help.** Let me try new things. Play and walk with me outside.	**I can climb and dance.** Find places I can use my arms and legs to climb safely. Dance with me!
SOCIAL & EMOTIONAL I learn best when you love me, encourage me and help me be with other people.	**I need and trust you.** Feed me and respond when I cry so I learn I can count on you.	**I show my feelings.** Notice my feelings. Respond to my sounds and moods in a reassuring way.	**I like familiar people best.** Have the same people take care of me. This helps me feel safe and loved.	**I enjoy playing with adults.** Sing out loud and dance with me. Play with things that make noise.	**I like to explore with help.** Encourage me to explore while you watch. Smile and say, "You did it!"	**I need help with my feelings.**  Stay near me when I'm upset. Hug me and say kind words to me.
HOW I LEARN I want to learn and you can encourage me.	**I look at faces and smile.** Look in my eyes while you change me or feed me. Smile at me.	**I like to hold things.**  I like to see and touch everything. Help me play with safe toys.	**I like to play with toys.** Play with me using toys with different textures, sounds and shapes.	**I move to explore.** Give me safe places to play and move. Watch me closely.	**I know what I want.** Notice what I like and want to do. Play along with me.	**I learn through play.** Let me find new ways to play. Show me your ideas, too.
THINGS I KNOW I learn when you help me explore the world around me.	**I learn through my senses.**  Play quiet music while you hold me close.	**I notice routines.** Cuddle me and sing quietly to me before bedtime.	**I am interested in people.** Show me people in pictures and books. Look in the mirror with me.	**I like to play hiding games.** Hide something and then uncover it. Play peek-a-boo with me.	**I begin to scribble.** Let me try crayons and markers while you draw with me.	**I put things together.** Help me play with things I can stack or simple puzzles.