



Child Development Tips

For 0 - 5 year olds

Parents **YOU** are your baby's first **TEACHER**. What will they learn from you? Your infant/toddler is a "blank slate". Learn how to help your baby grow into a self-confident, loving and resilient person.



Developmental Milestones and Activities to promote healthy growth:

- **Language** – babies learn how to communicate by watching and observing the people around them. Talk, read, and sing to your baby.
- **Gross Motor** - Rolling over, sitting up, crawling, walking, jumping, skipping! Practice these and other skills with your child. Tummy Time is a great start! Play games like hop scotch or jump rope, as they get older.
- **Fine Motor** - Picking up a cheerio, grabbing a toy, coloring and writing are examples of your baby learning fine motor skills. Playing with your baby is a great way to help them practice.
- **Cognitive & Social Development** - Problem solving, sharing, and playing with others will provide toddlers with tools to develop socially and learn to interact with others.



Learn more about activities and games you can do with your baby to help him/her grow into a caring, well-adjusted and self-confident person at capcenter.org.



For more information visit thecapcenter.org or call 916-244-1906

