



Radio Stations : **All Community Radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **How you can help your baby develop**

Guidelines to the presenter

- Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
- You should be seen as a peer rather than an authority.
- Offer guidance or opinion rather than telling people what to do.
- Encourage people to seek further information
- Always keep the objectives and outcomes in mind and drive these.

Topic:

How you can help your baby develop

Objectives

- Encourage parents to take an active role in their child’s learning and development – from birth
- Promote communication of parents with their children
- Develop understanding that talking to your child from birth and even while pregnant can affect its development.
- Build understanding of the role of play and love in the development of children

Introduction

On this show, we celebrate the fact that you are the most important person in your child's life. You have the power to give your child the best possible start in life and it doesn't have to cost you a cent. All it takes is your love, play and talk.

From a helpless newborn to a walking toddler, can take just 12 months! Babies grow and change at an incredibly fast pace. It is the most important time to help our kids develop and it passes so quickly. What can parents do during this time? All babies develop at their own pace, some slower than others. It is important for parents to take the time to do the simple things. Talking to your baby from birth is the best way to help them learn and develop. Your baby needs love, attention and basic care to thrive. Talking to and loving your child may seem like simple things that any parent would do. While it is simple, its effect on the child is far more important than this simplicity may suggest. In fact it is crucial for your child's brain development and affects what your child could achieve. Do you know the simple things that you can do for your baby to help and develop?

Questions	Facts/Information
<p>1. <i>Babies grow so quickly, how can new parents know what to expect?</i></p> <p>2. <i>I have heard that the first smile is a very special moment for parents. When does this happen?</i></p>	<p>New moms and dads often wonder what to expect next and how to know if their baby's development is on target. Instead of focusing too much on developmental milestones, however, it's important to remember that babies all develop at their own pace. There's a fairly wide "window" for when it is normal for a baby to reach a particular developmental stage. Your baby might learn one thing early, and another thing later.</p> <p>Many babies treat their parents to their first smile when they're between six and eight weeks old. However, your baby may smile before or after this time. Babies want to communicate and expresses their feelings from the moment she's born will try to imitate your facial expressions</p>

<p>3. <i>When do babies say their first word?</i></p> <p>4. <i>What are babies learning in the first few months?</i></p>	<p>straight after birth. They even make facial expressions in the womb! If you want to encourage your baby to smile and communicate with you, look for times when she is calm, yet bright-eyed and alert, and talk and sing to her.</p> <p>Some babies may say their first word at eight months, while others don't talk until a little after the one-year mark. It is important to keep in mind that there are variations in development, but if you are worried speak to your clinic sister or doctor when you go for your regular check-ups because catching any problems early is the best way to help resolve them.</p> <p>During this first development stage, babies' bodies and brains are learning to live in the outside world. Between birth and three months, your baby may start to:</p> <ul style="list-style-type: none">• Smile. Early on, it will be just to herself. But within three months, she'll be smiling in response to your smiles and trying to get you to smile back at her.• Raise her head and chest when on her tummy.• Track objects with her eyes and gradually decrease eye crossing.• Open and shut her hands and bring hands to her mouth.• Grip objects in her hands.• Take swipes at or reach for dangling objects, though she usually won't be able to get them
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<p>5. <i>When do they start crawling?</i></p>	<p>As they get older than three months, they start to roll over, reach out and grab objects and eventually sit up with support.</p> <p>During the second half of this first year, little ones start to learn to crawl. This can include scooting (propelling around on his bottom) or “army crawling” (dragging himself on his tummy by arms and legs), as well as standard crawling on hands and knees. However some babies never crawl, moving directly to from scooting to walking. If you haven’t baby-proofed yet, better get on it!</p>
<p>6. <i>What do you mean by baby-proofing?</i></p>	<p>This is about checking your house to see what dangers will now become accessible to your baby, now that it can move and wants to explore its world. For example you will want to make sure there are no dangerous items lying on the floor or accessible in low cupboards (sharp objects, poisonous things like cleaning products, water where they could fall into, small objects for them to choke on.) Take the time to look around your house and carefully check what things could be dangerous to a baby as accidents happen very easily, especially as babies learn to crawl fast! Also babies like to move around on their own and explore new things – this is an important part of learning and development. If you make your home safe, you don’t have to spend all your time saying no and running after your fast baby.</p>

<p>7. <i>How do babies learn best?</i></p>	<p>Play is the main way that babies and toddlers learn about the world. With your help, it's also a wonderful way to support their language development.</p> <ul style="list-style-type: none"> • As a parent, you are your child's best playmate so try to spend time every day playing together. • Newborns love physical play, especially when you gently tickle their face or count their fingers and toes. • When your baby gets a little older and stronger, offer her lots of toys or things that are safe to go into her mouth (not too small to choke on), and talk about the objects for her. • Make lots of play sounds to go with what's happening, like "brmm, brmm" as you push a car along. That way, your child will hear different speech sounds and learn that listening to voices is fun. • Your baby will love hearing the same little rhymes and stories, and playing games like peek-a-boo, over and over again.
<p>8. <i>Can you give me some examples of little rhymes or songs to sing with babies?</i></p> <p>9. <i>And what about games?</i></p>	<p>(for the guest to decide!)</p> <ul style="list-style-type: none"> • Games like peek-a-boo, hiding objects and then showing them again, • pretend play (like pretending to talk on the phone with your child), playing with shadows on the wall

10. You said earlier that talking to your baby is one of the most important things to do – how should you do this?

- Sing songs and lullabies together. Experiment with different kinds of music to see what he likes. When he is older he is likely to enjoy dancing.
- Go on walks and shopping trips together, and let your baby meet new people. Even the simplest daily activities will stimulate your baby's brain development.

Talk to your baby and encourage him to “talk” back. Respond to what he has to say as it will encourage him to express himself. Talking to children helps make them good communicators. You can even begin during your pregnancy. Chatting to your bump is a great way to start the bonding process. Once your baby is born, [talk to him](#) as you change his nappy and feed him. He'll respond if he knows the words are directed at him, so try to look at him while you're speaking. Don't worry about words of wisdom. Just describe what you're doing and what your baby is doing. For example, "Mummy is putting warm water in the bath so she can get you nice and clean."

11. Are babies too small to read stories to?

No! Reading out loud is one of the most important things you can do to help build your child's vocabulary, and boost his imagination and language skills. By showing him books are fun, you'll also be encouraging what will hopefully become a lifetime habit.

Reading also gives you a chance to cuddle

<p>12. What about toys? What should one provide babies?</p>	<p>and spend time together. Babies can enjoy simple board books as early as six months old. And, a bedtime story is a great way to wind down together at the end of the day.</p> <p>Babies don't need a lot of expensive toys to learn and develop. They do however need new things to explore and learn about, and to engage their senses. Of course, children can become over-stimulated so don't overdo it. When he's interested in playing, provide a variety of toys and other objects. Choose things with different shapes, textures, colours, sounds, and weights. Household objects, especially those that make a noise, like keys or bean in a jar, make great toys. Playing with water in a bucket or sand outside are also all good. Just make sure nothing they play with can fit in their mouths as they risk chocking on it.</p>
<p>13. What about physical development?</p>	<p>To develop strong muscles, good balance, and coordination, your baby needs plenty of space to crawl, cruise, and eventually walk. He'll also benefit from safe spaces where he can explore his surroundings without hearing "No" or "Don't touch". The easiest way to do this is to childproof your home where you can. Keep dangerous objects out of your baby's reach. For instance, in the kitchen, put childproof locks on all the cabinets except one. Fill that one with plastic bowls, measuring cups, wooden spoons, and pots and pans that your baby can play</p>

<p><i>14. How can we help our babies really thrive and grow?</i></p>	<p>with safely.</p> <p>You don't have to be a child development expert to give your baby a great start in life. Love, attention, and basic care are the only things that your baby really needs and wants. At this age, the most important thing a parent can do is to love and talk to their babies. Children need love. Your care and support give your child a secure base from which to explore the world. So cuddle, touch, smile, encourage, listen to, and play with your little one whenever you can. Remember to look after his health and nutrition as well!</p>

<p>Conclusion</p>
<p>Remember the simple things like talking, reading, playing and loving your baby really counts in helping your baby develop. Never underestimate the power that it can have.</p>

<p>Learning outcomes</p>
<p>After listening to this show the audience should:</p> <ul style="list-style-type: none"> • Know to take an active role in their child’s learning and development – from birth!

- Know that playing games, singing songs, reading stories and rhymes to their children has a huge impact on development.
- Understand childproofing to prevent accidents