



child care
resources
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tip|sheet 

Ideas and information about child development and early education for parents, professionals and the community-at-large.

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Mecklenburg County Office - MAIN

4600 Park Road, Suite 400
Charlotte, NC 28209
Main line (704) 376-6697
Fax line (704) 376-7865

Cabarrus County

Training/Main (704) 786-1023
Fax line (704) 786-1034

Union County Office

105-A Cedar Street
Monroe, NC 28110
Training/Main (704) 238-8810
Fax line (704) 238-8811

Email:

mailbox@childcareresourcesinc.org

To access these Tip Sheets, please visit www.childcareresourcesinc.org or call Child Care Search at 704-348-2181 to speak with a Parent Counselor.

**child care
search**

Resource & Referral Service

Mecklenburg County (704) 348-2181

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On the Home Front with Your Infant

The developing infant becomes more capable with each passing day. Parents can provide countless experiences in the home that encourage freedom to safely explore while building trust and emotional security.

Mirrors

Purpose:

- To develop a sense of self as a person
- To encourage visual coordination

Materials:

- a large safety mirror

Sit on the floor and hold your baby on your lap so that she is able to see herself in the mirror. Gently guide her hand to the mirror's surface, encouraging her to touch it. She may need help in focusing on her reflection. Say her name as you point to her reflection. Touch different parts of her body and then touch that part in the reflection. As she becomes more comfortable, try adding props like a hat or scarf.

Texture Pictures

Purpose:

- To develop a sense of touch
- To develop eye-hand coordination
- To learn new words

Materials:

- pillows, blankets
- fabric scraps of different textures
- paper, an egg carton, aluminum foil, cotton

Use simple items to encourage your child's awareness of the variety of textures in her world. Place her on your lap or in front of you as you explore items that are smooth, bumpy, scratchy, etc. Gently guide her hand to the surface of an object and encourage her to feel it with her fingertips. Talk softly about what she is feeling as she touches each item.

I Can Talk Too!

Purpose:

- To listen
- To learn to make sounds

No Materials Needed

Babbling is one of your baby's earliest forms of communication. As she talks, listen for the various sounds she makes and echo them for her. Make new sounds and observe her behavior as she listens. Change the tone and pitch of your voice as you help her to try these new sounds.

Where Is It Hiding?

Purpose:

- To develop eye-hand coordination
- To learn problem solving
- To learn about object permanence

Materials:

- assorted toys and household items small enough to fit in the child's hand but too large for her to swallow

This activity will encourage the baby to use her hands to find a toy or household item, pick it up, and hold it in her hand. She will also start to learn that an object exists even when she can't see it. Encourage her to pick up the item, name it for her, and allow her to explore it for a minute. Take the item away from her and hide it in your hand. Move slowly so she will watch what you are doing. Ask her where the item has gone. Encourage her to find it and congratulate her when she does. You may need to give some hints to her as she searches. Ask questions such as "Where is the ball?" As she grows, you can continue to play this game at home or away from home.