



## Changing Children's World Foundation

### Best Start: PARENT POWER TIPS

#### HEALTHY REMINDERS TO BE A SUPERHERO FOR YOUR BABIES -COMPREHENSION DIALOGUE

- **Babies need help in focusing their attention.** Guide your baby toward a thing in their surroundings by saying, “look here....look at this” and pointing. In this way, the child will focus on the thing and listen.
- **Communicate with your baby** - Babies learn through conversations and from reactions of the adults. They watch everything. It is never too early to describe surroundings and use language.
- **Use emotion when communicating with your baby** –As you infuse emotions with your talking/singing and communicating with your baby, you are giving meaning to their world and their surroundings. Babies will be more alert and attentive and ready to learn if there is emotion attached to communication even at a very young age.
- **Help babies to experience the world through music** – Helping babies experience the world through music can be done by singing and playing instruments around them. Beauty and fun can be part of early communication and early learning about their environments.
- **Build a safe environment for your baby** – Babies respond to vocal tone, emotional infusion in verbal expression and caregivers’ facial expressions. The importance of a “safe” environment can be established when children are infants. They respond to warm tones and emotionally positive communication. Caregivers set the tone for learning and empathy for their children early by establishing a peaceful and loving environment while their children are infants.
- **Breathe AND STOP....**Babies can/not let you know why they are unhappy. They express themselves the only way they know how. Frustration may set in. Remember the following:

**S**TEP BACK AND TAKE A DEEP BREATH

**T**HINK BEFORE YOU SPEAK OR ACT

**O**BERVE THE SITUATION AND ASK QUESTIONS TO UNDERSTAND

**P**UT YOURSELF IN THE CHILD’S SHOES