

# HELPING YOUR BABY HAVE THE BEST START IN LIFE



# TIPS

## YOU AND YOUR BABY

Cuddling and hugging helps your baby feel safe and protected.

Making eye contact and smiling helps your baby recognize you.

Laughing and playing together says how much you love your baby.

Reading 15 minutes every day teaches your baby new words.

“Mobile Babies” is a book of promises to help your baby have the very best start in life.

## YOUR BABY

Your baby needs quiet, loving calm.

Your baby is very sensitive to loud noises, anger and violence.

Sudden loud noises and screaming scares a baby.

Playing soft music, rocking and singing calms your baby.

**STORIES FOR  
CHILDREN**  
THAT GROWNUPS CAN WATCH

## YOU AND YOUR HEALTH

When you feel healthy, positive and strong your baby feels all those things too.

Develop a daily routine that includes a little space and time for yourself.

Get active—take a walk, ride a bike, go for a jog or a run.

Discover a hobby just for you—music, cooking, social activities or reading.

Eat healthy, within your budget—ask your home visitor for suggestions about delicious food that's easy to cook and affordable.

## YOU AND YOUR FRIENDS

Be around safe, familiar people.

Identify people who are on your team—family and friends you can rely on.

When you feel stressed out, take a break, call a friend for help.

Take a few minutes to call or text a friend every day.

Consider volunteering—helping others can make you feel good about yourself.

## ABOUT OTHER “STORIES” FILMS, COLORING BOOKS AND VIDEOS

“Inside Him” is about young children 0-6 who may have been exposed to trauma and violence.

“A Clingy Thing” is about young children who become “clingy.”

Both films and the accompanying video chapters and coloring books are also appropriate for helping older children.

**It's all online at [lookthroughtheireyes.org](http://lookthroughtheireyes.org)**

## YOU AND YOUR PARTNER

The more you know about yourself, the better you can help your baby.

Recognize the strengths you and your partner bring to your relationship and parenting.

Say kind words to your partner and those you live with every day.

Work together to express your feelings in a positive way.

No one is perfect, so make a commitment to talk out the things that are causing conflict

When there is a little conflict, take a break and talk it out; describe to your partner how their behavior is upsetting you.

Set boundaries by communicating calmly and verbally what each of you needs from the other.

**If you or your baby needs immediate help due to conflict, trauma or violence, call the Illinois Domestic Violence Hotline - 1-877-863-6338 (toll free). TTY 1-877-863-6339.**

