

0-8 mos.  
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<b>I Learn Who I Am</b>	
<b>I learn about my body.</b>	I suck on my fingers or hands. I study them. I discover that my hands and feet are part of me. I can move them.
<b>I learn to trust your love.</b>	I learn I can depend on you if you come when I cry. I feel secure when you hold me in your arms. I feel good when you smile at me. I learn my world is safe to explore when you watch over me.
<b>I learn to comfort myself.</b>	I may suck my fingers or hands it soothes me. As I grow, I can wait a few minutes because I have learned you will always come.
<b>I can make things happen.</b>	I can shake a rattle and make a sound. I can kick a mobile and make it move. I can smile and you will smile back at me.
<b>I Learn About My Feelings</b>	
<b>I can show you many feelings pleasure, anger, fear, sadness, excitement and joy.</b>	I smile and wiggle to show you I like playing with you. I frown or cry when you stop paying attention or playing with me. I laugh aloud sometimes with a belly laugh.
<b>Sometimes I need you to help me with my feelings.</b>	I need you to try to understand how I feel. I need you to comfort me when I am upset or frightened. I need you to protect me when I feel overwhelmed.
<b>I share my deepest feelings. I know and trust you.</b>	My smile is brightest for you. Sometimes I cry when you pick me up at child care. Sometimes it's because I've missed you. Sometimes I'm just fussy. I know you'll understand. I can protest strongly when I am upset. I know you will be there for me no matter what. I'll show you more of my feelings than I may show others.

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## **I Learn About People, Objects and How Things Work**

**I can tell the difference between people I know and people I do not know.**

I recognize my parents' voices.  
I relax more when I am with you and other people I know.

**I sometimes am afraid of strangers.**

I prefer the special people in my life such as my mom, my dad or my grandmother. I may begin to act differently and fearful of strangers, even at this young age.  
I sometimes cry if a stranger gets too close to me or looks at me directly in the eyes.  
I may cry or cling to you until I know I am safe with a new person.

**I like to be with you.**

I like to be held by you.  
I like to play with you. You are more interesting than any of my toys.  
I like you to talk softly and smile at me. I smile and "talk" back to you.  
You are the most important person in my life.

**I learn about how the world works.**

I like to look around and see new things.  
I like to play games with you, like peek-a-boo and hide-n-seek.  
When I want you to keep playing knee ride, I know I should keep bouncing up and down.

## **I Learn To Move and Do**

**At first, my body moves automatically.**

I search for something to suck.  
I turn my head when something blocks my breathing.  
I turn my head or close my eyes when it is too bright.

**Within a few months, I begin to learn to use my fingers and hands.**

I put my hand and objects in my mouth.  
I can hold something, let go, and get hold of it again.  
I can move an object from one hand to another.

**Over time, I move my body with purpose.**

I can hold my head up.  
I can roll over.  
I can sit without your help.  
I have favorite positions. But I like change! It feels good to move from

	<p>being on my back to my stomach to sitting up.</p> <p>I can crawl by myself.</p> <p>I may even be able to stand up if I hold on to you.</p>
<b>I Learn To Communicate and Relate</b>	
<b>I can tell you things even as a newborn.</b>	<p>I cry to tell you I need you.</p> <p>I communicate through the expressions on my face and gestures.</p> <p>I have different cries, facial expressions and body movements to tell you I am sleepy, hungry, wet, frightened, uncomfortable or just need a break.</p>
<b>Within a few months, I develop new ways to communicate.</b>	<p>I learn to make many different sounds. I laugh.</p> <p>I use my sounds, change the expression on my face and move around to get your attention.</p> <p>Sometimes I may just listen to you I love to hear your voice.</p>
<b>I learn to babble.</b>	<p>I make some of the sounds that I hear you use.</p> <p>Sometimes I try to imitate you. I like you to imitate my sounds too.</p> <p>My babbling can even start to sound like adult speech...a question, an exclamation, a request, a song...</p>
<b>I like to "talk" with you even though I don't yet speak words.</b>	<p>I may catch your eye and smile to tell you I am ready to communicate with you.</p> <p>I pay attention to the tone of your voice and the expressions on your face when you talk with me.</p> <p>I stretch my arms toward you when I want you to pick me up.</p> <p>I look at you when I am ready to play. When I close my eyes or turn my head away, I am telling you I need a break.</p> <p>I learn how much fun language can be when you talk, sing and read with me.</p>