

You Have a Special Role to Play

Now you have a new family member to cuddle and coo over, and new parents who may need your help as they raise their first child.

Your new grandbaby will also rely on you for love, hugs, giggles and guidance. Keep reading for ways to be a successful Grandma!

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Did You Know

New mom's most trusted source for parenting advice is her mom.

Fun Activities to Do Together

Infants

Snuggle with baby's special blanket and sing songs to baby.

1-yr olds

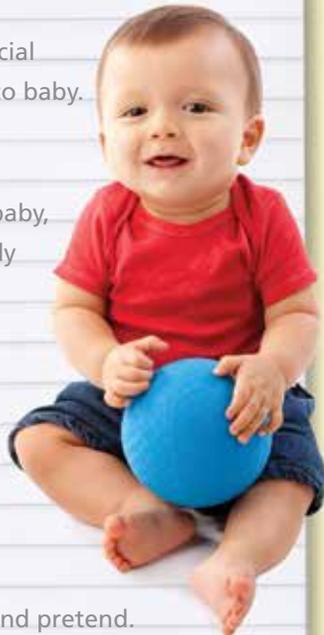
Hug a lot, roll a ball to baby, identify parts of the body with baby.

2-yr olds

Take walks, dance, draw pictures together and laugh.

3-yr olds

Play dress-up together and pretend.



Resources to Help Baby Grow in Mind and Body

Brain development begins before birth and the brain grows quickly in the first three years of life. As a grandparent, you can provide loving care to stimulate positive brain development and to meet baby's emotional, social and physical needs.

- Healthy Children, American Academy of Pediatrics**
Ages and Stages, Sudden Infant Death Syndrome, vaccines, nutrition, healthy living, illness, prevention, family life, e-newsletter available.
www.healthychildren.org
- Baby 411 and Toddler 411 Books**
Windsor Peak Press, Boulder CO, Brown, Ari, M.D. & Fields, Denise. 2011. Infant & Toddler behavior, development and health; interaction and play activities, eating, sleeping, toileting.
- Activities for You and Your Child**
Activities for all age groups.
<http://www.naccrra.org/naccrra/>
- Ohio Help Me Grow**
Child development and milestones, safety, nutrition and wellness.
www.ohiohelpmego.org
- Ohio's Infant & Toddler Guidelines**
jfs.ohio.gov/cdc/infanttoddler.pdf

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www.OhioHelpMeGrow.org

Ohio Department of Health
Help me grow

OH
baby!

You're a Grandma!



Being There for the New Grandchild and First-Time Parents in Your Family



How Grandmothers Can Support New Parents

Celebrate baby's achievements, the first smile, rolling over and waving bye-bye.

Lend an ear when anxieties, frustrations and fears are shared. Sometimes new parents just want to know they aren't alone.

Give advice, when asked, in nonjudgmental ways; don't criticize, but suggest other solutions instead. Respect the ideas and boundaries set by the new family.

Compliment the new parents on all they are doing well. Reassure them that you didn't know everything when you were a new mom.

Keep current about medical advances, parenting strategies and discipline methods as they are always changing.

Hold infants when they cry. This won't spoil them, it tells them they are loved and safe.

Listen to parents' needs: when they want and are asking for help, and when they aren't.

Suggest parents talk to their doctor and use resources, like the local health department, to help them be the best parents possible.

Remind new parents that babies need check-ups at 1, 2, 4, 9, 12, 15, 18, 24 & 36 months of age.

Mention that babies need their first dental exam within 6 months of their first tooth and by 12 months of age.



How Grandmothers Can Support a New Grandchild

Give lots of hugs, kisses, cuddles and smiles so he feels safe and secure.

Describe what you see when taking walks and at the grocery store. She'll learn new words and concepts.

Explain what you're doing when changing his diaper, feeding and dressing him. He'll learn the routine and early self-help skills.

Lay baby on her back to sleep. Don't put pillows, toys, soft bedding or blankets in the crib to reduce the risk of Sudden Infant Death Syndrome.

Keep baby in sight and supervise at all times. Accidents happen quickly.

Read books and tell stories often.

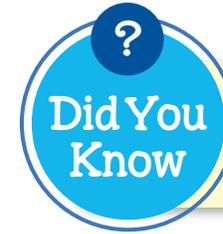
Sing for your grandchild, he doesn't mind if you can't carry a tune.

Keep your home safe for children. Put chemicals out of reach, put breakables up high and block off stairs.

Play games together, like peek-a-boo, patty cake and roll a ball back and forth.

Provide safe toys suited for the child's ability. Household items such as plastic measuring cups, plastic bowls and lids, wooden spoons and boxes are popular learning toys.

Praise her often. Don't shame, blame, humiliate or cause harm, even when correcting. Children don't need disciplining before age 18 months.



There are approximately 2,000 days from birth until school starts.



You can help your grandchild succeed in school and life by inspiring a love of learning. Reading with baby, having books around for baby to look at and encouraging curiosity are important first steps.

Research shows that children who feel safe and happy are more prepared to learn and do better in school. So, remember, hugs are important, too! ★

