

# SO YOU HAVE A BABY NOW ——— CONGRATULATIONS!

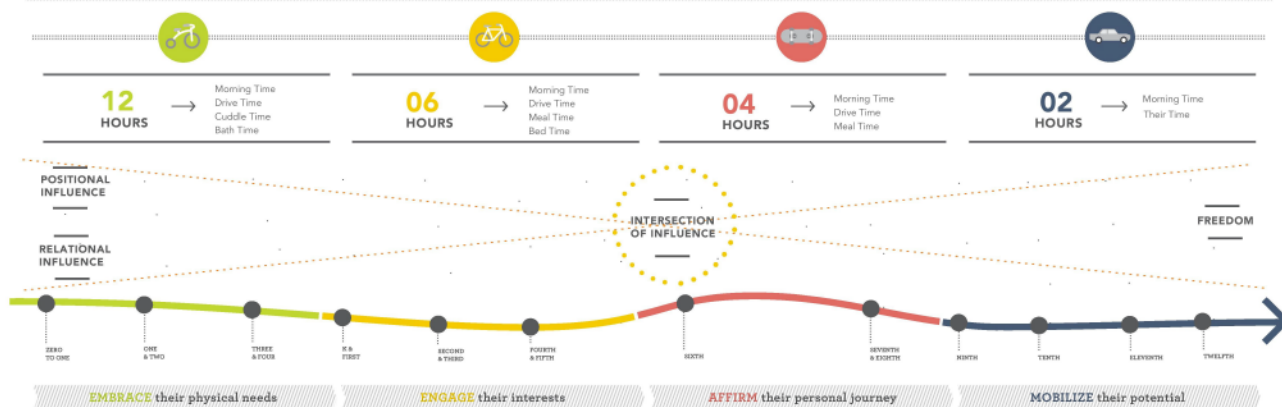
You're entering a stage of transition, sleep deprivation, and a constant focus on this kid's poop! The next 18 months will be filled with a dependance on you like never before - this will bring the greatest joy, but possibly many questions. We know there's a lot of info out there, but here are some general trends we have experienced that we thought could be helpful for you. Remember, you're never alone!



## “AM I SAFE?”

At this first stage of life, little ones are thinking “AM I SAFE?” From birth through 18 months, your child will constantly be growing and developing. This season is one of change, but what will remain constant is their reliance on you and this will be exhausting at times. They will need you for everything - diapers, bathing, dressing, entertainment, etc. Your child may not want you to leave the room, will need help falling asleep, and you'll spend so much time picking up items they drop and immediately want back. There are so many needs you will cover and this devotion to them assures your child that they are in fact, safe. The unconditional love you show is the first example of God's love they will experience.

## PARENTAL INFLUENCE



## FOR YOUR KIDDO, THE 6-12 MONTH STAGE IS ALL ABOUT EXPERIENCING THE WORLD AROUND THEM.

During this time, introduce new opportunities whenever you can. Engage their senses by exposing new textures, adding a little water to the highchair to splash in, playing music, with a doctor's okay - introduce diced food, read a picture bible, etc. Having you create these experiences shows that they are safe to try new things.

At 12-18 months, all the physical growth, and encouragement from you, will lead to your child taking new risks. You may notice your kiddo moving further away from you at the park or tackling the stairs in your home. The key to this journey is the need to keep you in sight to "check-in" with. Exchanging eye contact and smiles with you will let them know they are safe and will help develop their confidence.

Your child is a sponge and they are captivated by you. This is the time to begin simple prayers, singing worship songs, and teaching them words like church and God. Simply welcoming your faith into their day to day lives begins laying the foundation for their relationship with Jesus.

## HERE ARE SOME WAYS YOUR CHILD IS CHANGING (BUT REMEMBER BABIES DEVELOP AT DIFFERENT TIMES.)

### PHYSICALLY

- At 0-6 months, most babies double their birth weight, gain control of their heads, roll over, and may begin to sit.
- At 6-9 months, they engage in the world by recognizing names, focusing on toys near and far, and are no longer startled by everyday sounds. They use familiar adults as a secure base to explore and play.
- At 10-12 months, your baby is likely moving all over, so if you haven't already, babyproof your house! They enjoy music, are using pinching grip, and continuing to develop language skills.
- At 12-18 months, it's a whole new world! They can follow directions, point at things in books, love walks, and start to take risks by taking on new experiences.



## SOCIALLY

- Might be shy around strangers, but affectionate with familiar people.
- Social games like peekaboo, patty-cake, and nursery rhymes are important for brain development!
- Likes to look at the mirror to mimic facial expressions.
- Tries to get attention by copying gestures and sounds.

## MENTALLY

- At 3+ months, your baby will begin to anticipate events - like seeing the front pack and getting excited to be held or pulling legs up for diaper changes.
- At 6-9 months, they will develop object permanence, which is the ability to recall the memory of an object or person when they are out of sight which is when separation anxiety often begins.
- In the first 18 months, babies learn by engaging all five senses, so help them safely explore their environment.

## HERE ARE SOME RESOURCES WE RECOMMEND.

### BOOKS



#### **Parenting Your New Baby.**

More than a journal, not quite a detailed manual - it's a concise resource for busy parents to help them engage in each week of their child's life.



#### **Risen Motherhood: Gospel Hope for Everyday Moments.**

Applies the gospel to different stages/demands of motherhood. From your wedding day, to parenting different kiddos, to choosing food for meals!



#### **Dad Tired and Loving It.**

A quick read for dad's that encourages them to be spiritual leaders in the home. Filled with personal stories, applicable advice, scripture, and humor.



#### **My First Bible Stories.**

A beautiful board book with great illustrations and five stories to engage your little one in the word.



**The Wonder Weeks (both “How to Stimulate Your Baby’s Mental Development” and “A Stress-Free Guide to Your Baby’s Behavior”).**

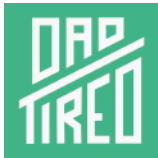
Not “how to” books, rather guides through the developmental stages of your baby. A good reminder that everything is going to be alright!

## PODCASTS/WEBSITES



### **Risen Motherhood Podcast.**

For the imperfect mom striving to find peace in chaos. Its relatable biblical truth on motherhood and marriage will bring laughter and tears.



### **Dad Tired Podcast.**

Dad Tired podcast is hosted by a pastor turned speaker/author who examines everyday life and helps equip dads to lead.



### **Parent Cue Blog.**

This website is crammed with tons of articles on many subjects with practical helpful advice.

If you're not able to afford one of the above resources, please reach out to us - we'd love to help!

## HI, I'M JB WALKER!



I'm the Director of Early Childhood Ministries where I lead the ministry for the littlest members at Christ Community. I went to college to be a high school teacher, but once I became involved with Tiny Tots, it was clear this was the path God had me on. Connecting weekly with families and seeing the joy on our kids' faces as they enter “their” church fills my heart. If you have any questions or needs, I would love to connect! [JB@cccgreeley.org](mailto:JB@cccgreeley.org)

## **TINY TOTS IS FOR CHILDREN AGES BIRTH-PRESCHOOL AND MEETS DURING EVERY WEEKEND ADULT SERVICE TIME.**

In addition, Tots Club meets most Wednesday mornings during the school year from 9-11 am. Please check the church app or reach out during business hours for details on the Wednesday morning “Tots Club” schedule.