

Welcome to Group Care!



THE NATIONAL CENTER ON
Health

Head Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe you are your child's first teacher. Parents, grandparents, and other caregivers are viewed as partners. We promise to...

- Value individual culture, beliefs, and traditions in raising children
- Listen to your concerns and share ideas on healthy child development
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing

Solid Foods

Introduce solid foods when you know your baby is ready, one at a time, waiting a few days between each new food. We will wait to give your infant solid foods until you let us know.

- Signs that show your infant is ready
 - Opens mouth for the spoon
 - Sits with support
 - Has good head and neck control
 - Shows interest in foods you eat
- Starting new foods
 - Introduce new foods at home for the first time.
 - Let us know if certain foods cause allergies (eg, peanuts and fish). We will avoid giving these to your infant
 - Finger foods will be offered only after you give permission
- Avoid overfeeding, and watch for signs that your infant is full
 - Leaning back
 - Turning away
 - Pushing away the spoon



Physical Health

Immunizations help your baby stay healthy. Your baby's pediatrician should provide routine immunizations based on the current state schedule.

- We support you in working with your pediatrician to bring your infant up-to-date
- Let us know if you have questions about your infant's immunizations

School readiness begins with health!

Healthy Gums

Tooth decay can develop when your infant's gums (or teeth) are exposed to liquids or foods other than water for long periods.

- To prevent decay, we gently wipe your infant's gums at least once during the day
- You, too, can use a clean cloth to gently wipe your infant's gums at home

Development

Your baby is increasingly able to use his senses and muscles. We make sure the environment he explores helps strengthen these abilities. When at home, engage in your infant's development through play!

A 6-month-old infant will:

- Turn toward a noise
- Reach for toys
- Hold a toy in one hand and transfer it to the other
- Play with his toes
- Recognize his own name and faces of familiar people
- Make sounds
- Relax when you read him a bedtime story

A 6-month-old child may:

- Roll over
- Help hold his bottle during feeding
- Play games with people he knows
- Be afraid of adults he does not know

Relationships

As your infant becomes more aware of objects and people around him, he will want to play with you and other familiar adults. Talking with your

child helps him to learn words and understand the world around him.

- Your infant really wants your attention
- Encourage positive things he does
- Each day, set aside special time with him to do something together

Separation Anxiety

Your infant may appear anxious when you leave him at our center. To help you and your infant:

- Allow yourself extra time when saying good-bye during drop-off
- Do not sneak out. Sneaking out will cause your infant confusion when he discovers you are gone. It can also break his trust in you
- Talk with us so we can better support you and your infant. Together we can...
 - Establish a routine to make drop-off predictable for him
 - Reassure your infant that you will be back to pick him up

Getting Sick

It happens to everyone. Catching a cold is an easy thing to do, even for a tiny person. We help protect your infant from illness.

- We wash our hands—and your infant's
- We keep all of the toys clean—especially bottles and pacifiers
- At home, you can make sure to wash your hands and your infant's hands

Questions to Ask Your Baby's Pediatrician

“How do I know if my baby is eating enough?”
“What do I need to do to safety proof my house?”