

HELPING MY BABY GROW

NAME _____

As baby grows he will be learning how to do many things in the next few months. It's very important for you to help your baby grow by providing a nurturing environment. Fill in the first column with milestones a baby will reach from 0 – 12 months. Then think of an action you should take to help your baby grow and actions you will avoid that delays your child's growth.

	My Baby Can	I should	I should not
1	<i>Lift his head when placed on his tummy.</i>	<i>I should make sure he has plenty of tummy time with me on the floor.</i>	<i>I should not let my baby lay down on his back all day long.</i>
2			
3			
4			
5			
6			
7			
8			
9			
10			