

Care for Kids Caregiver Newsletter

Lesson 4: Babies

Lesson messages

- Babies need help with most things and deserve to be looked after.
- Children, as they grow, learn to do more things by themselves but they still need some help.
- Small children sometimes need help washing and wiping their private parts.
- Other children and grownups do not need help from children with their private parts.

Useful books

- For children: *The New Baby*, by Mercer Mayer
- For caregivers: *A Child is Born*, by Lennart Nilsson

What we learn in this lesson

In this lesson we learn about what babies need help with. We were all babies once and needed help with most things. Now that we are older there is so much that we can do all by ourselves. We talked about feeding ourselves, going to the bathroom by ourselves, asking for help by using our words instead of crying, and more. Wow! There are a lot of things we can do! An important thing we learn is that we are not old enough to care for babies on our own but we can help adults care for babies. This is something we really like to do! The teacher brings the baby dolls for this lesson and we practice helping adults feed, diaper and safely hold a baby. We are not responsible for taking care of other kids our age or people older than us when going to the bathroom or bathing. If they need help, they can ask an adult. We read a book about a new baby and then have fun helping the adults!



Things you can discuss with your child

“I remember when you were a baby — you needed help with...”

“It is amazing how many things you know how to do on your own now that you are older, like _____, and I am proud of you for all of these things!”

Discuss that just because your children are not babies any more does not mean they can't ask for help when they need it.

Discuss that people of all ages need help, but older children and adults won't need help with things like bathing, bathroom tasks or anything having to do with the private parts of their bodies.

Questions?

If at any point you have any questions or concerns about Care for Kids, please contact the Care for Kids Team at:

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