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Towards the first steps of your infant

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2nd Lesson



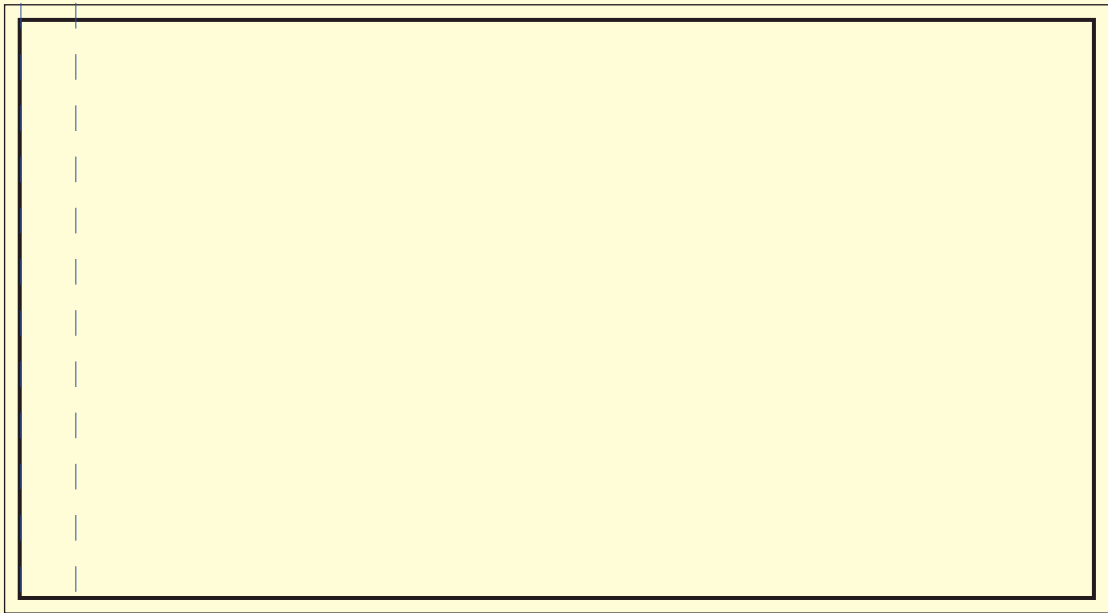
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Samanmali P. Sumanasena

Towards The First Steps of Your Child
A Specialized Guide on Early Childhood Development
by
Samanmali P. Sumanasena

2018

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2nd Lesson

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Art

By Mr.Nihal Wijesinghe.

• Instructions to use this book

- The milestones your child is expected to reach within every 3 months are shown in green.

Activities for you to carry out with your baby, are indicated by numbers.

Milestones

- Social and emotional
- Vision and fine motor
- Cognitive
- Language
- Motor

Instructions are grouped under the above sub headings for each age range



1. Introduction

Evidence from research in the field of developmental medicine, shows that, optimum Motor, Cognitive, Language, and Social and Emotional development takes place from 0-3 years.

Therefore it is important to expose your infant to the best stimuli during this period to achieve the best developmental potential.

This book is for all newborns and infants to achieve the best developmental potential.

If your infant was exposed to any adverse events during, the pregnancy, during the birth process or after, there is a risk of injury to the developing brain and the neural circuitries. These may result in delays or differences during the mental and physical development of the baby.

This booklet will also take you through a program of infant stimulation that will help your baby to minimize the effect of such adversities. The multidisciplinary staff in the clinic that you will be attending to obtain services will explain and demonstrate how these activities could be carried out to reach the next milestone according to the age of your child.

This booklet will give guidance on simple activities to be carried out within the natural environment of your home in addition to the instructions given by your Occupational, Physical and the Speech and Language Therapist. Continue to carry out all the advices given by the team of professionals providing interventions for your infant together with the instructions of this book.

Ensure you carry out activities mentioned in this booklet at least 10 to 20 minutes every two hours when your infant is awake. Make these activities part of the daily routine of your family. Your interventions should always be adult mediated interactive activities where the child as an active participant. There should never be passive learning

Research shows that the most rapid neuron (brain cell) development takes place from birth to 3 years of children. Therefore we aim to guide you to achieve the best development of your baby during this optimum period, minimizing any defects or delays in the development of milestones.

This book will describe how to achieve those milestones in the Gross Motor, Fine Motor, Cognitive, Social and Emotional and Language domains.

Whenever you are feeding your baby or doing activities such as bathing make sure that you carry out the activities described in this book. It should be a joyful and a satisfying learning experience for the baby and you.

• Some special messages you should always remember

- Your baby is a precious gift you have received. Therefore it is your prime duty to look after your baby with love and care.
- The main aim of this book is to provide you with ideas and suggestions on how to participate at interactive play with the child to ensure the best child - parent social interaction.
- The messages contained within this book will enable you to acquire new knowledge on how to interactively play with your child and to build up skills.
- This book will guide you to incorporate these activities to develop the milestones of your baby by making it part of your daily life routines.

• Things you should never do

Please do not give any digital screens to your child, including mobile phones, tabs, television or any other form of audio visual stimulants.

Such stimuli are proven to result in delays and deficits in child development according to research.



2nd Lesson

Milestones your infant will reach from 3 months.

1. Social and emotional development

- 1.1. Smiles with the adults spontaneously (from 4 months)
- 1.2. Prefers to engage in play with adults and cries when stopped (from 4 months)
- 1.3. Tries to copy facial expressions of adults (from 4 month)
- 1.4. Shows an attachment to family members (from 4 months)
- 1.5. Cries only for things he dislikes but easily consolable. Is generally a happy infant (from 3 moths)

2. Fine motor development

- 2.1. Reaches for an object and grasps using the palm and all five fingers (from 5-6 months)
- 2.2. Transfers an object from hand to hand (from 6-8 month)
- 2.3. Takes an object from hand to hand and hand to mouth (from 5-7 months)

3. Language development

- 3.1. Makes sounds or smiles responsively often (from 3-6 months)
- 3.2. Begins to make sounds such as "ah-ah, oh-oh, bab- bab, mam mam" (from 8 months)
- 3.3. Responds by turning the head towards a sound source (from 12 weeks)

4. Cognitive development

- 4.1. Recognizes familiar persons and responds by smiling and making sounds with ease. Is more aware about the external environment (from 6 months)
- 4.2. Learns through sensory play (from 6 months)
- 4.3. Experiment food in different textures and tastes (from 6 months)

5. Gross Motor development

- 5.1. Turns from the back to the tummy and from tummy to the back without support (from 3-6 months)
- 5.2. Has complete head control and can sit with support (by 6 months)

1. Social and Emotional Development

1.1. Smiles with the adults spontaneously (from 4 months)

"I like to smile with anyone who comes near me"

The infant likes to socialize with adults by smiling with them even without any provocation by the adult.

• Activities

1. When the infant smiles with you, be responsive and smile with an infant and make him happy.

1.2. Prefers to engage in play with adults and cries when stopped (from 4 months)

" I love it when my parents or siblings come and talk to me while playing. So when they go away, I cry loud, so they will return to me "

1. The whole family should engage in play with the infant. Be loving and happy during play and repeatedly engage in the activities. Some examples of play are clapping, peek-a-boo, tickling etc.
2. The infant shows the displeasure if you try to stop playing with him. It is important not to upset him but it is also essential to ensure that the baby is exposed to a variety of stimuli. Therefore gently reduce the frequency of one play activity and divert the attention of the infant to another activity. The infant will learn to regulate the emotions



1.3. Tries to copy facial expressions of adults (from 4 months)

"I like to imitate the facial expressions of my mother. Then she makes new faces. It is a great game. "

● Activities

1. Speak to the child with your face close to his face making various expressions. Give him time to copy you. Your infant will enjoy this game. Make different expressions everytime and encourage further copying.

1.4. Shows an attachment to family members (from 4 months)

"I like my family members the most. If I see strangers I am cautious "

The infant is most attached to the mother around this time. But he will prefer the own family members to the strangers.

● Activities

1. Gradually introduce the infant to the strangers.
2. Take the child amongst crowds such as the temple, church, market.

1.5. Cries only for things he dislikes but easily consolable. Is generally a happy infant (from 3 months)

"I am happy because everyone at home loves me. But if they do things I don't like, I will cry. Then they try to comfort me "

● Activities

1. Engage in play with the infant at all times by joyfully cuddling and talking.
2. If the child is in discomfort, try to understand the reason. Comfort the infant and rock by singing.
3. If there is a physical reason for crying, correct it. Eg : change a wet nappy, hunger

2. Fine motor development.

2.1. Reaches for an object and grasps using the palm and all five fingers
(from 5-6 months)

"I like to take beautiful things in to my hand "

• Activities

1. Show toys within the visual field of the child and where he is able to reach by extending the arm.

2. In the previous section it was described how to hang toys within the infants reach.



2.2. Transfers an object from hand to hand (from 6-8 months)

"I like to transfer a toy from one hand to another"

• Activities

1. Offer toys to the infant from both sides. Then the infant will get attracted to toys from both sides. If you give toys like bangles and rattles with handles, it will be easier for the infant to reach for those.



3.2. Takes an object from hand to hand and hand to mouth
(from 5-7 months)

"I like to learn about my toys by putting those in my mouth"

• Activities

1. Give toys with different textures. The infant will get different messages to the brain through the variety of sensation.
2. By touching the different toys with various sensations, his awareness about touch will improve.



3. Language and communication.

3.1. Makes sounds or smiles responsively often (from 3-6 months)

“ I try to imitate the sounds I hear ”

• Activities

1. Early babbling skills such as "ah ah" "oh oh" "ba-b-ba" "ma-m-ma" are the foundation for speech and language skills.

Therefore when your baby makes such sounds, be responsive and repeat those sounds. Then baby will be encouraged more to repeat sounds meaningfully..

2. Around 6-9 months when the baby makes such noises, the parents should repeat the sounds and words with approximations to familiar words.

This will encourage him to learn words.

Eg : ba-ba – baby / Ma-ma – mama

He will develop an understanding of connecting sounds and words.



3.2. Begins to make sounds such as "ah-ah, oh-oh, bab- bab, mam-mam" (from 8 months)

"I love it when my family members come in front of me and speak to me "

• Activities

1. Speak lovingly to your baby pronouncing simple words clearly.

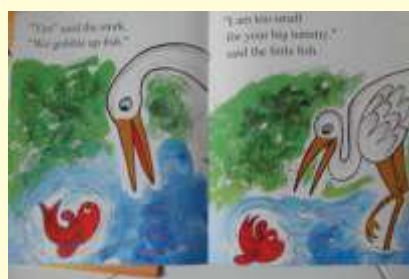
Introduce objects to the child while he is playing with those.

Eg : " See this is the quack quack duck". When it's bath time put the duck in water and show the baby.

Eg : " Lets apply soap on your hands ". Introduce body parts during bath time.



2. Read story books to the child in clear simple language



4.Cognitive Development

4.1. Recognizes familiar persons and responds by smiling and making sounds with ease. Is more aware about the external environment (from 6 months)

"I know my family members very well. I love to play with them "

• Activities

1. Show attractive toys to the baby and get his attention by making noises and gestures. Give time for the infant to respond to those stimulations. Encourage the infant to respond again and again by constantly stimulating the infant using various toys and methods.



4.2. Learns through sensory play (from 6 months)

"When I play with my toys I learn about the textures,
taste and shape of noise "

Feeding time is one of the best opportunities for learning through experiences. The infant will receive stimuli for the development of cognitive, language and fine motor development. Therefore it is of utmost importance that the attention of the infant is not deviated to any other sources of stimuli. The infant should never be offered television, mobile phone or other hand held electronic devices during feeding time.

● Activities

1. The infant will take toys and objects to his mouth when he reaches for those. By doing this the infant will learn about the taste, shape and the texture of those objects.
2. Offer toys with various colours to stimulate vision and toys that makes various sounds to stimulate hearing to the infant.
Eg : a bell, a rattle with various pitches in sounds.
3. Choose toys that have " cause and effect " for your baby.
Eg : A rattle : shake to make a sound
 A spoon : falls on the floor and makes a sound
 A toy piano : press the notes and makes a sound



4.3. Experiment food in different textures and tastes (from 6 months)

" I like it when my mother offers me food with different tastes and textures. I love to touch food "

• Activities

1. It is essential to provide various stimuli for optimal cognitive development.
2. Therefore offer food with various tastes, smells and textures to the infant. When solid food is introduced at 6 months, it is essential to provide opportunities on tastes and smell.
3. By touching food the infant will learn how to coordinate the hand movements to take food to the mouth.



5. Gross Motor Skills

5.1. Turns from the back to the tummy and from tummy to the back without support (from 3-6 months)

" Now I can roll to my tummy while I lie on my back and when on my tummy I can roll to my back "

• Activities

1. Tummy time was explained in booklet 1.
2. Encourage your baby to turn on the tummy by moving an attractive toy from right to left, left to right and gradually bring it parallel to the baby. The baby will turn the head to the side and then the body and finally turn on to the tummy.



3. When the infant is lying on the tummy, keep a toy within his visual field and gradually move it further away. The baby will try to reach for it and roll over to the back. Rolling will encourage strengthening of trunk and pelvic muscles and improve coordination of movements in the joints of these regions.



4. To encourage the infant to lift his legs against gravity, hang toys above the infant. When the toys provide light and sound by touch, the infant will be stimulated to kick at the toys again and again.



5. Encourage the infant to lift hands and legs by practicing activities described in Book 1.

5.1. Has complete head control and can sit with support (by 6 months)

" Now I can lift my head and I like to sit with your support "

● Activities

1. When the infant is lying on the tummy she will lift the trunk by bearing weight on forearms.
2. Hold the infant upright at all times.
3. When the infant is held upright, either facing forwards or backwards encourage the infant to hold his head upright.
4. When the infant is engaged in play while seated on the floor maintain a 90° - 90° sitting position with the feet resting on the floor. The infant should keep the head straight resting on the mother's bust with the trunk and pelvis flexed at 90° and the lower limbs flexed at 90° at the knee joints and at the ankle joint. If the feet are resting on the ground, the infant learns to weight bear early.



While playing, try to show toys from both sides. So that the infant will turn her head to both sides, improving the head control.

5. When ever you are carrying the infant, always turn the infant to the side on the mat/surface , then flex the trunk on the pelvis while lifting the upper torso getting the baby to a sitting position from the lying down posture. Then carry the baby upright in a sitting position facing the front.



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Towards the first steps of your infant



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