

# AGES AND STAGES

## For Nursery Volunteers

### Infants (Birth -- 7 Months)



#### What am I like?

I am learning to trust. I need to feel secure that someone will always take care of me. I need warmth, comfort and love. I am exploring my environment with all my senses. I can learn to wave bye-bye and play peek-a-boo. I cry when I am hungry or uncomfortable. I am learning to roll over and sit up. I am teething (around 4 month). I babble, gurgle and laugh. I like being with people.

#### What do I need in my learning environment?

- A crib
- Music
- Baby wipes
- Clean blankets
- Running water
- A rocking chair
- Covered electrical outlets
- Clean, soft toys, balls, mobiles, rattles
- Loving, trained adults to care for me

#### What can you do to make me comfortable?

- Ask my parents what works for me
- Keep me safe
- Learn/ use my name
- Never leave me unattended
- Disinfect toys each week
- Change my diapers when necessary
- Remove jewelry when holding me
- Check the room for broken or sharp-edged toys
- Sing to me
- Talk to me
- Read to me
- Smile at me
- Love me



#### Affirmations for Being Birth to six months and ever after By Jean Illsley Clarke

*I'm glad you are alive.  
You belong here.  
What you need is important to me.  
I'm glad you are you.  
You can grow at your own pace.  
You can feel all of your feelings.  
I love you and I care for you willingly.*