

SPRING 2018



INFANT DEVELOPMENT STUDY NEWSLETTER

Story Time!



Every time you speak, sing, or respond to your baby, you are strengthening your child's language skills. Reading together is a great way to bond with your child, support their language development, and encourage their love of learning. You don't need to be the best reader to help--your time and interest are what counts.

Here are some suggestions for reading together with your child:

- Introduce your child to books as early as possible. Let them hold and play with sturdy books made for babies, like cardboard or cloth books.
- Point to pictures and explain what they are. You can name what is in them, or have your child do it. Ask if they can find different things in the picture.
- Read slowly and stop sometimes to talk about what you've read. When your child is old enough to talk, ask them questions about the story, like "What do you think will happen next?" Answer their questions about the characters or story.
- Try to make reading a part of your routine. Don't be discouraged if you have to skip a day or can't always keep to your schedule, just get back to your routine as soon as you can.
- Most of all, make sure that reading stays fun for both of you!



Sweet Dreams

Sleep is important for good health and development. Sleep is essential, but many of us, kids and adults alike, don't get enough of it. Newborns sleep between 16 and 18 hours a day, and children in preschool sleep between 11 and 12 hours a day. Sleep is linked to behavior, memory, concentration, and mood. Here are some tips to help establish healthy sleep habits for your little ones:

- Keep consistent bedtimes and wake times every day of the week.
- Avoid spending lots of non-sleep time in bed.
- Try to make a child's bedroom as quiet and comfortable as possible.
- Avoid stimulating activities before bed, like exercise, television, or video games.
- Exercising during the day can help with sleep at night.
- Security objects, like dolls or blankets, can help a child feel safe and secure at bedtime.
- Avoid caffeine (soda, chocolate, coffee, tea) in the afternoons and evenings.
- Establish a routine before bed, like brushing teeth, putting on pajamas, and reading a story.

AROUND THE LAB

Completed Visits



Prenatal: 437



4 month: 254



12 month: 200



18 month: 217



3 year: 77



4 year: 26

What are some things you wish you knew while you were pregnant?

What are some things you would like to know about your child's development?

We're always looking for new ways to educate moms, and we would love your suggestions. We will send out an email in a few weeks with some questions and links, but in the meantime, feel free to let us know your ideas! We know that a lot of you have great ideas for visits and for the lab, and we would love to hear them. We are always happy to hear from you!

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