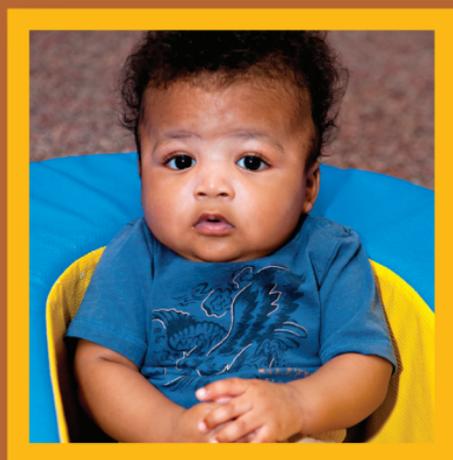


COMING TOGETHER AROUND VETERAN FAMILIES : TM

SUPPORTING OUR BABIES AND TODDLERS

NURTURING

“Thanks,
I needed that.”
:



You can help your baby or toddler through stressful times, such as changes associated with the transition to civilian life. Hold him. Cuddle him.

Tell him how wonderful and special he is!



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FOUNDATION

Robert R. McCormick Foundation Investing in Early Education since 1993

1255 23rd Street, NW Suite 350 Washington, DC 20037

www.zerotothree.org/military

CONTACT:



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SUPPORTING OUR BABIES AND TODDLERS

NURTURING

Children love to be loved! You can't "spoil" a child by making her feel special and cared about.

- Sing to your child. Tell stories and read books to her. Take walks and stop to talk about all that your child is noticing: the flowers, birds, and trees. Draw a picture together. Cuddle together.
- Everyday moments offer great opportunities for you to connect with your child and to help him feel safe and secure. Mealtimes, bath time, and shopping are just some of the daily routines that allow you to talk, laugh, and share common sights, sounds, and experiences. Maintaining familiar routines helps to nurture your child's sense of security.
- Parents and caregivers play powerful roles in young children's lives. You are so very important to your child, even if she can't tell you yet.
- In order to nurture your young child, it is important to find time and ways to nurture yourself. It's not easy, but do try to find time to take part in everyday activities that help you feel relaxed and rested. During times of stress or change, you can be an "emotional safety net" for your infant or toddler by offering her the support and love she needs to feel safe.



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