

## Identifies and follows basic safety skills with help

**Activity:** Tell your child about activities or trips ahead of time. Let them know where you will be going, what you will be doing, and how they should act, especially if there are safety rules they should follow such as staying where you can see them or not climbing on walls. If they are staying home with a sitter, let them know when you will be home and suggest some safe activities and games they can play.

**Why:** Babies can feel anxious when they see you getting ready to leave. If you talk about your plans in advance you can lessen the fear of being left behind or prepare them for you to be gone. Letting them know the rules of a trip will help them remember them but be prepared to repeat them when you arrive.

**Activity:** Offer safe objects for the baby to place in their mouth such as teething toys, a pacifier, or a soft animal.

**Why:** Babies begin teething around four months and use “chewing” to sooth their sore gums. They also start using the nerves in their mouth to learn about objects.

