



Parent's Survival Tips

Birth to One Year

Life As A Parent

Welcome to the world of parenthood! Why didn't someone tell you there were going to be days when you would feel:

- old before your time,
- exhausted all the time, and
- too upset to think straight.

Would you have believed them, if they had? The fact is you're a parent now, and those children are yours. You're not alone (lots of parents feel the way you do), and things can get better. So, take a few moments, and learn how to make the rewards of parenting equal to the demands.

Getting to Know Your Kids

One of the nicest things about being a parent is that you don't have to know everything. The job, like the child, grows gradually. There is on-the-job training.

Birth to One Year

Learn the basics. How do you bathe a baby or change a diaper? You can learn! Read, ask an expert, and talk to your parents and other parents. Parenting education classes and parent support groups are great places to learn about raising kids. The Parent Helpline at 1-800-CHILDREN can connect you with a class or group near you.

Love your baby. Give all you've got! Talk to your baby, touch, hold, hug, kiss, smile and enjoy! It's impossible to spoil a baby.

Discover what's what. Pay close attention to all the sounds (cooing, babbling, gurgling, and crying) your baby makes, as well as facial expressions and body movements. Each one means something different.

Never Use Physical Force the pressures of parenting are very real. You need to find safe, satisfying ways to release them, but never on your baby.

For information, support and referrals related to parenting and family concerns, please call the Parent Helpline at 1-800-CHILDREN.