



Day One Newsletter

Developmental Milestones

Day One is pleased to share with you a new series of articles from the American Academy of Pediatrics **Developmental Milestones** for age groups 12 months to five years. The first series will cover milestones by the end of 12 months.

Social and Emotional

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in his play
- Shows specific preferences for certain people and toys
- Tests parental responses to his actions during feedings. (What do you do when he refuses food?)
- Tests parental responses to her behavior. (What do you do if she cries after you the leave?)
- May be fearful in some situations
- Prefers mother and/or regular caregiver over all others
- Repeats sounds or gestures for attention
- Finger-feeds himself
- Extends arm or leg to help when being dressed

Movement

- Reaches sitting position without assistance
- Crawls forward on belly
- Assumes hands-and-knees position
- Creeps on hands and knees
- Gets from sitting to crawling or prone (lying on stomach) position
- Pulls self up to stand
- Walks holding on to furniture
- Stands momentarily without support
- May walk two or three steps without support

Language

- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to "no"
- Uses simple gestures, such as shaking head for "no"
- Babbles with inflection
- Says "data" and "mama"
- Uses exclamations, such as "Oh-no!"
- Tries to imitate words

Cognitive

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Looks at correct pictures when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking cup, brushing hair, dialing phone)



Alert your pediatrician if your baby displays any of the following signs of possible developmental delay in the 8-to-12 month age range.

- Does not crawl
- Drags one side of body while crawling (for over one month)
- Cannot stand when supported
- Does not search for objects that are hidden while he watches
- Says no single words ("mama" or "dada")
- Does not learn to use gestures, such as waving or shaking head
- Does not point to objects or pictures

West Virginia
Hospital
Association

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Hearing — Newborn Screening



Before you bring your newborn home from the hospital, your baby needs to have a hearing screening.

Although most babies can hear normally, two to three of every 1,000 babies are born with some degree of hearing loss. Without newborn hearing screening, it can be difficult to detect hearing loss in the important first months and years of your baby's life. About half of the children with hearing loss have no risk factors for it.

Babies learn from the time they are born. One of the ways they learn is through hearing. If they have problems with hearing and do not receive the right treatment and early intervention services, babies will have trouble with language development. For some babies early intervention services may include the use of sign

language and/or hearing aids. Studies show that children with hearing loss who receive appropriate early intervention services by age 6 months usually develop good language and learning skills.

Newborn hearing screening can detect possible hearing loss in the first days of a baby's life. If a possible hearing loss is found, further tests will be done to confirm the results. If a hearing loss is confirmed, treatment and early intervention can start promptly. Early intervention helps babies with hearing loss and their families learn important communication skills.

It is the value of this early intervention that prompted the American Academy of Pediatrics (AAP) to recommend that all babies receive newborn hearing screening before they go home from the hospital.

There are two screening tests that are used to screen a newborn's hearing:

Auditory Brainstem Response (ABR). This test measures how the brain responds to sound. Clicks or tones are played through soft earphones into the baby's ears. Three electrodes placed on the baby's head measure the brain's response.

Otoacoustic Emissions (OAE). This test measures sound waves produced in the inner ear. A tiny probe is placed just inside the baby's ear canal. It measures the response (echo) when clicks or tones are played into the baby's ears.

Both tests are quick (about five to 10 minutes), painless and may be done while your baby is sleeping or lying still. Either or both tests may be used. Most hospitals do hearing screening for all newborns. Some only screen newborns who are considered high risk, such as those with a family history of hearing loss. Check with the staff at your hospital to determine their policy on hearing screening for newborns.

Caring for baby

Nail trimming:

When your baby is born, she may have rather long fingernails that will need to be cut, so she doesn't scratch herself. The hospital won't do this for you because it's considered a surgical procedure, so you may want to bring a pair of baby clipper with you to the hospital.

To cut your baby's nails, push down on the finger's skin to pull the nail away from the skin as you cut. If you do nick baby's fingers, use a gauze pad to stop the bleeding.

Tip: Try to sneak in nail cutting while your baby is asleep.



A Baby Time Capsule

A time capsule is a great way to remember and commemorate the birth of your child. This keepsake will allow you to preserve a moment in time for your child and yourself. In years to come, you'll find there's something almost magical about opening that time capsule. You'll be able to enjoy the anticipation of forgotten treasures as well as the intrigue of looking back in time to be reminded of how people and things have changed. If you have older children, this is a great activity that they can help with. You may want to create one for your older children as well.

Capturing the Past A time capsule can be as simple as a few things held in a taped-up shoe box or as involved as a book of memories. Here are a few guidelines that can make your baby's time capsule extra special.

- If you're going to include photographs, separate them by waxed paper or in separate waxed-paper bags.
- Black-and-white photos will hold their detail better than color photos. If you're going to include newspaper clippings, photocopy them onto archival, acid-free paper. They'll last much longer.
- Use a container that's dust free and airtight. Depending on how long you want to keep the time capsule before opening it, you can use anything from a plastic food container to a manufactured "time capsule" available through mail-order or specialty shops.
- Label everything clearly, including the time capsule itself.

Things to include:

- A picture of your newborn baby
- A picture of your home
- A picture of your new family
- A letter to your future 18-year-old child
- A description of your life today
- Something that would show your favorite current fashion trends
- A videotape of the first few weeks of your baby's life

Time Capsule Questionnaire

What baby's names are you considering for a boy?

What baby's names are you considering for a girl?

What is your favorite TV show?

What was your favorite movie this year?

What was the last book you read?

What were the last three videos you rented?

What headlined in the national news the day your baby was born?

Who was present at the birth of your child?

Who visited you in the hospital or birthing center?

Who visited or helped out when you and your baby went home?

Visit www.verybestbaby.com for more information.



DID YOU KNOW? The front page of your hometown newspaper on the day of baby's birth makes a wonderful addition to baby's time capsule. It serves as a quick summary of what was happening in the world when baby was born.

**West Virginia
Hospital Association**

100 Association Drive
Charleston, WV 25311

Phone: (304) 344-9744

Fax: (304) 344-9745

E-mail: dayone@wvha.org



Address Label



Building Blocks for a Bright Baby



Information & Reminders

Day One Program Update

Day One program staff have been traveling through the state conducting Day One trainings. Those organizations or agencies that have received the Day One training include:

- Cabell Huntington Hospital staff and volunteers
- Right From the Start Coordinators
- Rural Health Education Partnership students Kanawha County
- Day Care Providers
- Schoenbaum Child Care Center, Charlestpn WV

If you are interested in participating in, or even hosting a Day One training in your facility, please contact the Day One program at 304/344-9744.

Reminder - If you are a Day One provider, monthly reports are due the 15th of each month. Report forms may be accessed from the Day One web site at www.wvha.org/day_one or by calling 304/344-9744 or faxing 304/344-9745.
