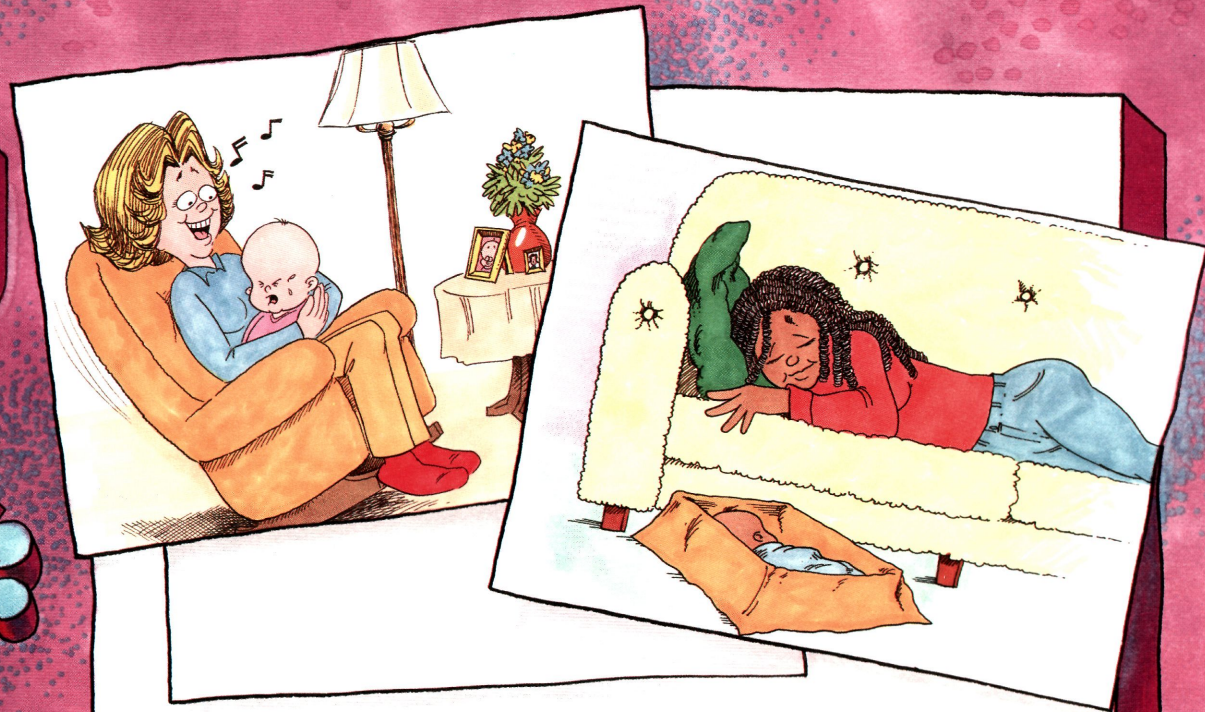


# Building Strong Families:

# PARENTING YOUNG CHILDREN



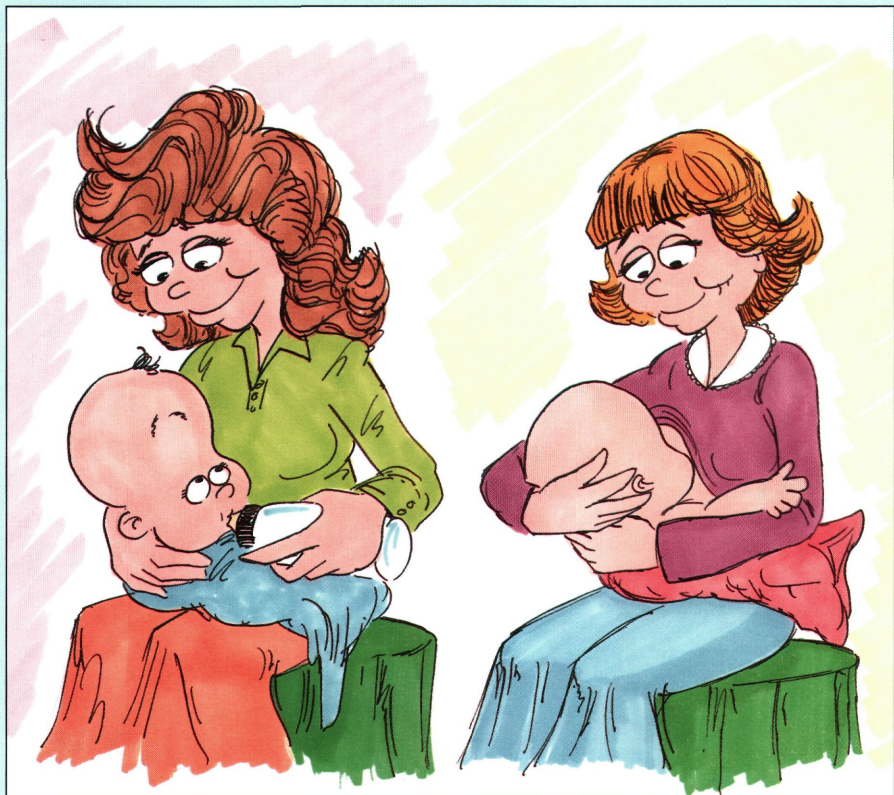
## How Kids Develop *Newborn to 3 Months*



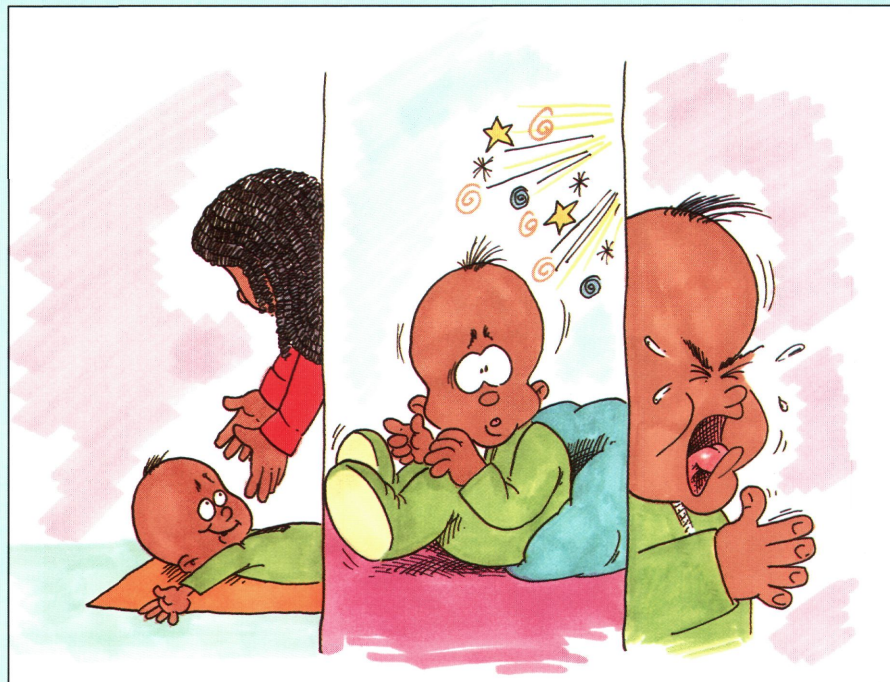
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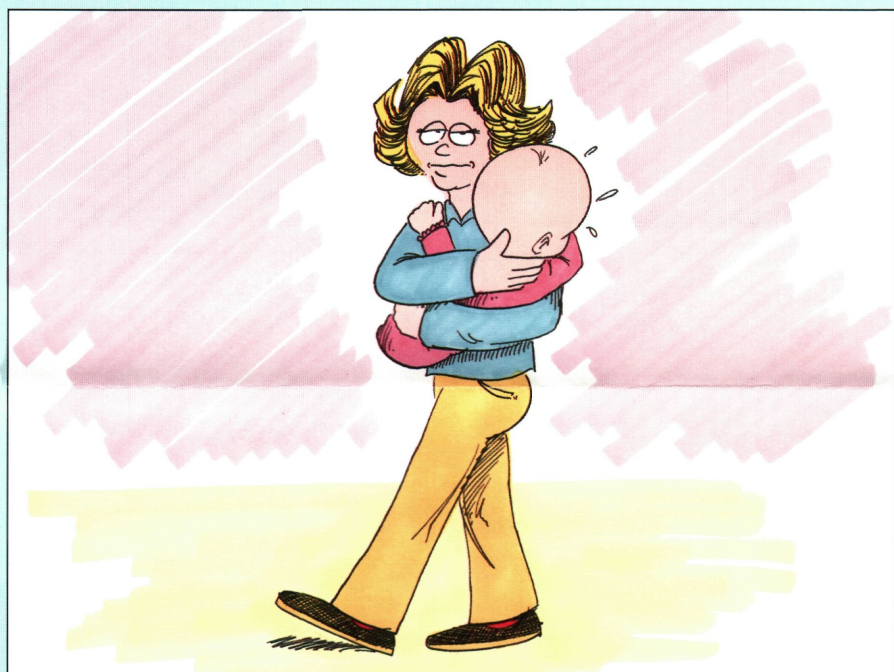
# Newborn to 3 Months



The only food a small baby needs is mother's milk or formula. Babies can be breast fed or bottle fed.



New babies can learn a lot of things during their first few months. They can see, hear, smell, taste and feel. Help them use their senses.



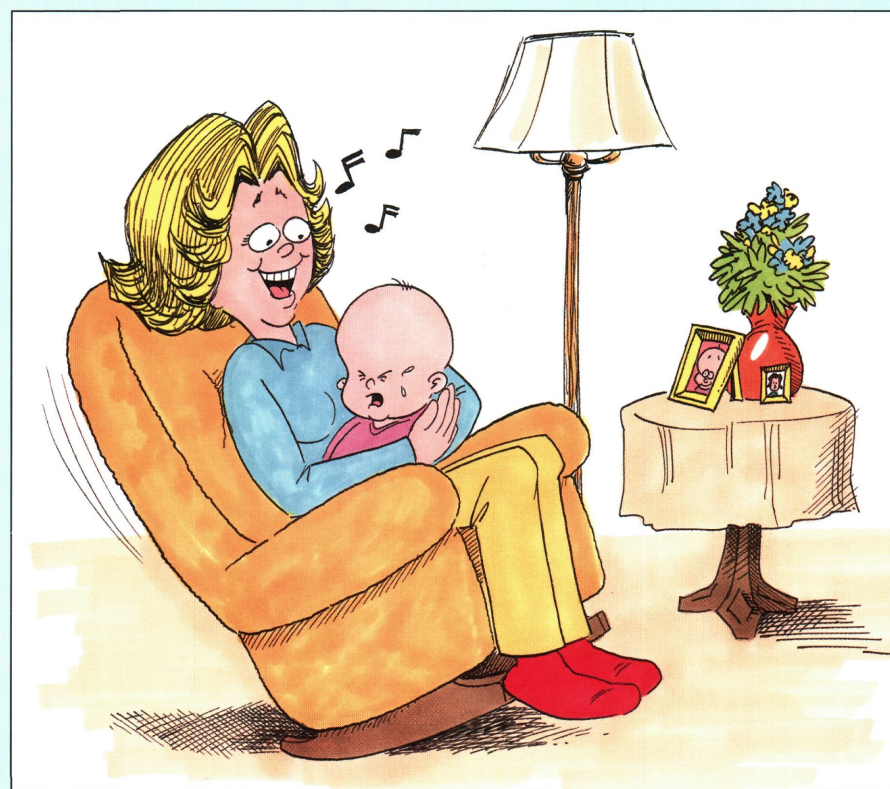
Some babies have colic. Walking the baby sometimes helps. They will outgrow it, so be patient and have people help you so you can get away from time to time.



Keep your day simple. Rest when the baby rests.



Babies need to suck. It comforts them and helps them feel secure.



All babies cry. It's their way of asking for help. It's OK to pick up your crying baby. You won't be spoiling him.





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