

# Help for Raising Healthy, Smart Babies!



**The first few weeks, months and years of your child's life are an exciting time full of change. They are also vital to your child's development.**

Guilford County offers a variety of support programs to help you connect with your baby and help them get a good start on life. Three of those resources are highlighted in this brochure.

If you do not live in Guilford County, contact your local Smart Start to learn about programs in your area. Information for all of North Carolina's Smart Start offices can be found at

**[www.smartstart.org/smart-start-in-your-community](http://www.smartstart.org/smart-start-in-your-community)**





Did you know  
**80%**  
of brain growth happens  
before age 3?

The Basics are five fun, free and simple ways to turn everyday interactions between you and your child into opportunities to learn and grow. The Basics are:

- **Maximize Love, Manage Stress** – Children flourish in a world that feels safe and predictable. Help them see, hear and feel your love.
- **Talk, Sing and Point** – Respond to your infant’s sounds with eye contact and a loving voice.
- **Count, Group and Compare** – Talk about numbers, shapes and patterns. Compare everyday objects as you go about your day.
- **Explore Through Movement and Play** – See what interests your baby and help them learn while they play and explore.
- **Read and Discuss Stories** – Make reading a fun routine from the start. Point at pictures, speak with excitement and ask questions.



Learn more about The Basics at [guilfordbasics.org](https://www.guilfordbasics.org).  
Find short videos that make The Basics fun and easy.  
Call **336-579-2977** for assistance.



Maximize Love,  
Manage Stress



Talk, Sing  
and Point



Count, Group  
and Compare



Explore Through  
Movement and Play



Read and  
Discuss Stories



Guilford Family Connects sends a specially trained registered nurse to every family in Guilford County following the birth of their baby. The visit is provided at no cost and regardless of family income.

### **Guilford Family Connects nurses can provide:**

- Answers to questions and concerns related to bathing, diapering and managing crying
- Emotional support and encouragement
- Breastfeeding support
- Tips on bonding with your baby
- Information on infant care topics including immunizations, car seat safety requirements, safe sleep, early literacy and developmental milestones
- Family planning advice
- Help with identifying back-to-work support and home connections

Research shows that when parents use the Guilford Family Connects program, mothers feel less anxious, they learn about quality childcare options available to them, and their babies need less emergency care at hospitals.

If you are not contacted by a nurse within the first month of having your baby, please contact **336-641-3085**.





HealthySteps promotes the health, well-being and school readiness of babies and toddlers. Working with local pediatricians, HealthySteps Specialists—child development experts—are a member of your baby’s primary care team. They will provide you and your child with tailored support for common and complex concerns.

**Together with your primary care provider, HealthySteps can:**

- Answer questions about your baby’s sleep routine
- Help you and your child have happy, healthy mealtimes
- Show you how you can read with your child and help them begin the learning process
- Provide guidance on screen time
- Share tips on playing with your baby and suggest activities to do together
- Guide your family through transitions
- Talk with you about your baby’s growth and development between doctor’s visits.

HealthySteps Specialists work in pediatricians’ offices in Guilford County, with the goal of having a specialist in each office by 2022. Ask your pediatrician’s office if it is a HealthySteps site.

