

# Growing & Learning

## 成長與學習



### AS A NEWBORN YOUR BABY...

#### 你的初生嬰兒...

- Has all five senses with their sense of touch especially well developed
- Communicates with smiles, gazes or cries
- Has no schedule or routines for sleeping and feeding
- Most of their day will be spent sleeping
- Begins to show their personal favourites: some like lullabies, others like rock and roll; some like to sleep in the dark, and others like a night light
- Prefers to look at bright colours and black and white contrast, loves to look at your face and focuses best when held 6-8 inches close to you
- By 4 days old your baby recognizes your smell and voice and will turn towards you
- Begins to imitate your facial expressions
- Begins to smile at 6 weeks
- Listens to and recognizes the basic sounds of language that form the

foundation for speech, and begins to make sounds in response to your voice

- 有齊觸覺、視覺、嗅覺、味覺、聽覺五個感官，其中尤以觸覺發育得最好
- 用微笑、凝視或啼哭來與人溝通
- 未有睡眠及餵哺的時間表或規律
- 大部分時間都在睡覺
- 開始表現個人的喜好：有些嬰兒愛聽搖籃曲，有些則喜歡搖滾樂；有些嬰兒愛在黑暗環境中睡覺，有些則想有一盞夜明燈
- 比較喜愛觀看鮮明的顏色以及黑白兩色的對比，喜歡望著你的臉孔；當嬰兒與你距離6至8吋時，他能看得最清楚
- 嬰兒出生四天後，已能分辨你的氣味和聲音，也會向你的方向轉動
- 開始模仿你的面部表情
- 六個星期大時開始微笑
- 聆聽和懂得分辨語言的基本發音，為日後說話奠定基礎；開始發出聲音來回應你的聲音

### WHAT TO DO WITH YOUR BABY:

- Respond to your baby's needs as quickly, lovingly and consistently as possible. A warm loving home, where the family comforts and responds to baby's needs, is essential for a baby's health and development
- Respond quickly to your baby when they are sick, hurt, sad, or frightened – this is very important
- Talk with your baby in a higher pitched voice and use gentle touch, hugs, and kisses
- Talk to your baby in the language(s) you know best; this will help them learn
- Talk to your baby as you change diapers, feed, bathe and play with them
- Follow your baby's cues as to when they want to play or are over-stimulated. Your baby may turn away or cry when they have had enough playtime

#### ✓ TIP / 提示

#### PREMATURE BABIES

For babies born more than 3 weeks prematurely, their development will follow their expected due date

#### 早產嬰兒

如果嬰兒早產超過三星期，他們的發展將延至預產期之後才開始。

#### 如何與你的嬰兒相處：

- 必須不斷以愛來盡快回應你嬰兒的需要。一個溫暖、滿載著愛的家庭，不但能夠安慰和回應嬰兒的需要，對嬰兒的健康和發展也是十分重要的
- 當你的嬰兒生病、受傷、不快樂或受驚時，必須迅速回應他的需要 -- 這一點尤其重要
- 用較高的音調與你的嬰兒交談，溫柔地觸摸、擁抱和輕吻你的嬰兒
- 用你最熟悉的語言來與你的嬰兒交談，可以幫助嬰兒學習語言
- 一邊替你的嬰兒換尿布、餵哺、洗澡或玩耍，一邊和嬰兒交談
- 留意嬰兒給你的提示，知道什麼時候嬰兒想玩耍，或是否太過興奮。當你的嬰兒覺得玩夠了，可能會轉向另一個方向或哭起來

- Celebrate your baby's unique personality
- Give praise and encouragement by clapping, hugging, and cheering when your baby learns something new
- Begin "tummy time" by placing baby on a blanket on the floor beside you when they are awake. Talk to them and move toys such as rattles and bright toys around for them to follow and respond to
- Make sure the baby is safe when sleeping
- Babies need to sleep on their back in a crib or bassinette
- Always check with your doctor, midwife or public health nurse to stay up to date on how to care for your baby. It is easy to be overwhelmed or confused by all the advice you get - especially on the internet
- Your baby benefits when you are well cared for. Rest, eat well and take breaks. Share your feelings and be supportive and kind to one another as a family
- Parents who connect with other parents tend to be more confident in caring for their baby. Connect with other friends who are parents and attend parent groups such as the Baby Days Program or visit Richmond Family Place

- 欣賞你嬰兒獨特的性格
- 每當嬰兒學懂新事物, 可以拍手、擁抱或歡呼來稱讚和鼓勵他
- 開始「趴著的時間」, 當嬰兒睡醒時, 在你身邊的地板鋪上毛毯, 讓嬰兒俯臥在毛毯上, 然後和嬰兒說話, 用搖鈴或色彩鮮艷的玩具吸引嬰兒的注意, 鼓勵嬰兒對玩具發出的聲音作出反應
- 嬰兒入睡時, 必須確保他的安全
- 必須把嬰兒放在嬰兒床或搖籃內仰睡
- 經常請教你的醫生、助產士或公共健康護士有關照顧嬰兒的最新資料。來自互聯網或其他來源的資訊, 或會令你感到無所適從, 不知誰是誰非
- 為你的嬰兒著想, 你必須好好地照顧自己。多休息、多吃健康食物、每隔一段時間暫停工作, 向家人傾訴你的感受, 大家互相支持愛護
- 與其他家長保持聯繫的家長, 一般在照顧嬰兒方面會較有信心。多與已為人家長的朋友聯繫, 參加家長小組, 例如嬰兒日活動或到訪Richmond Family Place

### WHEN TO ASK QUESTIONS:

- Baby is not responding to sights, sounds or your touch
- Baby is crying constantly and cannot be soothed
- You are feeling overwhelmed and have few positive feelings towards your baby

### WHO TO ASK FOR HELP:

- Your family doctor or midwife
- A public health nurse (604-233-3150)
- Infant Development Program (604-279-7059)
- Early Childhood Mental Health Program (604-278-9711, ext 4055)

### 何時提出疑問:

- 嬰兒對視象、聲音或你的觸摸沒有反應
- 嬰兒不斷啼哭, 無論怎樣安撫也沒用
- 你感到透不過氣來, 不太喜愛你的嬰兒

### 向誰求助:

- 你的家庭醫生或助產士
- 公共健康護士(604-233-3150)
- 幼兒發展計劃 (604-279-7059)
- 幼兒早期心理健康計劃 (604-278-9711, 內線4055)

### ✓ TIP / 提示

### TOBACCO SMOKE

Protect your baby from exposure to tobacco smoke.

### 吸煙

請保護你的嬰兒, 避免接觸吸煙的環境。



## AT 2 MONTHS YOUR BABY...

### 當嬰兒兩個月大時...

- Is alert and responsive
- Spends longer periods with eyes open
- Tracks a face moving from side to side
- Smiles and coos responsively
- Startles to loud noises
- Holds head up briefly when lying face down or when held in a sitting position
- Holds hands open
- Holds toy or rattle briefly if placed in hand
- Recognizes familiar faces and voices



- 有警覺性、反應能力
- 眼睛睜著長一點的時間
- 眼光會跟隨面孔來回移動
- 會發出微笑和輕柔低語的反應
- 對大聲的噪音有驚跳的反應
- 當俯臥或抱著坐起時，總會把頭向上微傾
- 會把雙手張開
- 會抓緊手中的玩具一回兒
- 會識別熟悉的面孔和聲音

### WHAT TO DO WITH YOUR BABY:

- Respond to your baby's cries. You cannot spoil your baby; they may be hungry or uncomfortable or need comfort and soothing
- Provide playtime in a variety of positions: on back, on tummy (when awake) and on side. Some time on tummy each day will encourage strength in neck, arms and shoulders, which is necessary for future development
- Hold your baby close and talk to them in your home language(s). Repeat sounds they make
- Gently rub and touch your baby. Massage arms, back, legs, tummy and face
- Present objects or even your own face within 6-8 inches of your baby's face

### 如何與你的嬰兒相處：

- 回應你嬰兒的哭聲時，不要怕寵壞嬰兒，嬰兒可能餓了，也可能不舒服，或是需要安慰和撫慰
- 提供用不同的姿勢玩耍：仰臥，俯臥（當清醒時）或側臥。每日讓嬰兒俯臥一些時候，能有助嬰兒增強頸部、手臂和肩部，對嬰兒將來的發展成長是必要的
- 抱著嬰兒親近一點，並用你的母語與嬰兒交談，重複嬰兒發出的聲音
- 輕柔地搓揉或觸摸你的嬰兒，按摩嬰兒的手臂、背部、腿部、肚子和臉部
- 離嬰兒臉孔6至8吋，展示物體或你的臉孔

### WHEN TO ASK QUESTIONS:

- Baby does not respond to sudden, loud noises
- Baby arches their back frequently when held or lying on back
- Baby's body posture feels limp or floppy
- Baby does not make eye contact when awake and being held

### 何時要提出疑問：

- 對突然而大聲的噪音，嬰兒沒有反應
- 當被人抱著或仰臥時，嬰兒常把背曲向後面
- 嬰兒的身體姿勢，感覺非常柔軟無力
- 當嬰兒醒著或正被抱著時，沒有跟人用眼神接觸

### 向誰求助：

- 你的家庭醫生
- 公共健康護士(電話:604-233-3150)
- 幼兒發展服務計劃(電話:604-279-7059)

### WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant development program (604-279-7059)



#### ✓ TIP / 提示

#### INFANT CRYING

Crying is normal for babies Respond with "comfort, carry, walk and talk" behaviours. Never shake or hurt your baby to stop their crying

#### 嬰兒常哭的時候

哭對嬰兒來說是很正常的，你可用安慰、抱起、走動或交談，來回應嬰兒。切勿用搖動或傷害嬰兒的方法，來使嬰兒停止哭鬧。

## AT 4 MONTHS YOUR BABY...

### 當嬰兒四個月大時...

- Reaches for objects offered
- Holds and shakes a rattle and looks at the toy, bringing it to their mouth
- Holds hands open now most of the time, not fist
- Makes cooing sounds (aah, ooh)
- Responds with pleasure to caregiver's touch, care and play
- Smiles and laughs often to show pleasure
- Pupils react to light and are equal in size
- Turns head to sound or voice
- Lifts head, taking weight on arms and hands when on tummy
- Starts to roll front to back
- Begins to take some weight on legs
- Uses both arms and legs equally (will reach with either arm and kick with either leg)
- Looks forward to feeding and places hands on breast or bottle



- 會伸手去拿別人給的物件
- 會握緊並搖動發出格格聲的撥浪鼓, 看著玩具, 並放進嘴裡
- 大多數時間會張開手掌, 而不是緊握拳頭
- 發出「呀呀咕咕」的聲音
- 對照顧者的觸摸、關心和玩耍, 作出愉快的反應
- 常用微笑和大笑來表示開心
- 瞳孔對光有反應, 兩邊瞳孔大小相同
- 頭會朝聲音發出的地方轉向
- 當俯臥時, 會抬頭, 用雙臂和雙手承重
- 開始左右轉身
- 開始用雙腿承受一些重量
- 會同時用雙臂和雙腿 (隨意用其中一隻手來摸, 或用其一條腿來踢)
- 渴望餵食, 把雙手放在胸脯或瓶子上

### WHAT TO DO WITH YOUR BABY:

- Encourage your baby to look at you or a toy, and get them to slowly follow its movement
- Place a toy in your baby's hands and help them to look at it, shake it, and bring it to their mouth
- Play with and enjoy your baby
- Talk and sing to your baby in the language(s) you know best. Babies learn most from words spoken directly to them
- Play with your baby on the floor
- Enjoy quiet time together with rocking and cuddling
- Make eye contact with your baby

### WHEN TO ASK QUESTIONS:

- Baby does not smile in response to your voice or smile
- Baby does not respond to friendly cuddles or care
- Baby does not follow a moving object with their eyes and/or baby's eyes turn inwards
- Baby's hands remain fist
- Baby does not bring hands together over their chest
- Baby has difficulty lifting head off floor when on their tummy
- Baby shows a preference for holding their head to one side (you may notice a bald spot or a flat spot on one side of the head)
- Baby moves one arm or leg more than the other
- Baby does not make any sounds

### 如何與嬰兒相處:

- 鼓勵你的嬰兒看著你或玩具, 然後慢慢地跟著你或玩具來移動
- 放一個玩具在你嬰兒手中, 然後幫助他們看著它, 搖動著它, 並把它拿到嘴邊
- 同嬰兒一塊玩樂
- 用你最熟悉的語言與嬰兒交談唱歌, 讓嬰兒在直接對話中學習更多
- 同嬰兒在地板上玩耍
- 享受跟嬰兒一起搖擺和擁抱的安靜時光
- 跟嬰兒用眼神交流

### 何時要提出疑問:

- 嬰兒對別人的聲音或微笑, 沒有微笑回應
- 嬰兒對友善的擁抱或關心, 沒有反應
- 嬰兒不能用眼睛跟隨一個正在移動的物件, 同時/或眼睛向內轉動
- 嬰兒的雙手大多數時間都是拳握的
- 嬰兒不會把雙手一起放在胸前
- 嬰兒俯臥時, 難以把頭抬起離開地面
- 嬰兒偏愛把頭偏向一邊 (你可能注意到嬰兒頭上有一處光禿或扁平的位置)
- 嬰兒活動其中一隻手或一條腿, 多過另外的一隻手或一條腿
- 嬰兒不發出任何聲音

### WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant development program (604-279-7059)

### 向誰求助:

- 你的家庭醫生
- 公共健康護士(電話:604-233-3150)
- 幼兒發展服務計劃(電話:604-279-7059)

### WHAT TO DO WITH YOUR BABY:

- Play simple games and rhymes with your child (like peek-a-boo)
- Share books together by talking about the pictures in the language(s) you know best
- Sing songs to them
- Allow floor time in different positions (back, tummy, side)
- Allow your baby to learn to move about through rolling and crawling
- Talk to your baby in the language(s) you know best. Listen to them and copy the sounds they make
- Respond to your baby's cries with a soothing voice and comfort them
- Begin to introduce iron rich foods
- Introduce a drinking cup at this age

### 如何與嬰兒相處:

- 跟嬰兒玩簡單的遊戲和童謠(如躲貓貓)
- 一起看書,用你最熟悉的語言與嬰兒說書上的圖畫
- 給你的嬰兒唱歌
- 讓嬰兒用不同的姿勢在地板上玩(仰臥,俯臥或側臥)
- 讓你的嬰兒通過轉身和爬行,學習四處移動
- 用你最熟悉的語言與你的嬰兒談話,聽他們說話,模仿他們發出的聲音
- 當你的嬰兒哭時,用撫慰的聲音來安慰他們
- 開始引入含鐵豐富的食物
- 可在這個階段開始用杯來喝水

## AT 6 MONTHS YOUR BABY...

### 當嬰兒六個月大時...

- Looks for a toy when it is dropped to the floor
- Knows familiar people and reaches for them
- Smiles and makes sounds to own image in mirror
- Babbles; tries to copy sounds you make; turns to locate sounds or voices
- Eyes move together in all directions
- Pushes up on arms and rolls from tummy
- Sits with support or propped on hands, while holding head steady
- Puts some weight through legs on flat feet
- Reaches and grasps toys, transfers objects between hands
- Responds to caregiver's soothing and comforting and loves to be touched or held
- Shows a wide range of emotions



- 嬰兒會找尋剛跌到地上的玩具
- 認識熟悉的人,並向他們伸手
- 會對鏡中自己的影像微笑和發出聲音
- 呀呀學語,設法仿效你發出的聲音,並轉向聲音發出的方向
- 雙眼向各個方向移動
- 用雙臂推起自己,並由肚子邊滾動起來
- 坐著時用雙手支撐幫助,而頭部保持穩定
- 雙腿能承受一些重量,站起來時雙腳平放
- 伸手抓住玩具,兩手交轉物品
- 對照顧者的撫慰和安慰有反應,喜愛被觸摸和擁抱
- 表現各種不同的情緒

### WHEN TO ASK QUESTIONS:

- Baby does not smile or respond to speech
- Baby does not startle to loud noises or turn to sounds
- Baby does not babble or make other sounds
- Baby is not able to lift head when held in a sitting position
- Baby's arms or legs seem too stiff or too floppy
- Baby uses only one hand in play - seems to ignore other arm or holds it in a fist
- Eyes are crossed or one eye noticeably turns in or out

### 何時要提出疑問:

- 嬰兒對談話不會笑或給反應
- 嬰兒不會對很大的噪音驚跳,也不轉向聲音的方向
- 嬰兒不會呀呀學語,也不發出其他聲音
- 當嬰兒被抱著坐時,不能抬起頭
- 嬰兒的雙臂和雙腿,似乎太僵硬或太鬆軟下垂
- 嬰兒玩耍時,只用一隻手,似乎不理會另一隻手臂或只是緊握拳頭
- 眼睛是斜視的,或一隻眼明顯地向內或外轉動

### WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant development program (604-279-7059)

### 向誰求助:

- 你的家庭醫生
- 公共健康護士(電話:604-233-3150)
- 幼兒發展服務計劃(電話:604-279-7059)

### ✓ TIP / 提示

Iron is a mineral that is important for good health. Babies and children need iron for healthy brain development. Iron rich foods include, cooked, finely minced meat, poultry or fish, egg yolk; lentils and dried beans; and fortified infant cereal. If your family is vegetarian, talk with a registered dietitian to make sure your baby gets enough iron.

鐵是一種對健康相當重要的礦物質。嬰兒和小孩大腦的良好發展需要鐵質。鐵質含量豐富的食物有：煮熟的細切碎肉類、雞肉或魚肉，蛋黃，扁豆和乾豆，以及加強營養的嬰兒穀物。如果你的家人是素食者，可請教註冊營養師，以確保你的嬰兒獲得足夠的鐵質。

### AT 9 MONTHS YOUR BABY...

#### 當嬰兒九個月大時...

- Waves bye-bye, plays peek-a-boo, and claps hands
- Sits without support and reaches for toys
- Gets into a sitting position from lying down
- Creeps on hands and knees and is able to pull self to stand at furniture - may also begin to walk holding on to furniture
- Searches for dropped toy, even if out of sight
- Bangs objects together or on the table
- Makes many sounds and may copy yours
- Understands many words such as “no” and “bye-bye”, though cannot say them
- Recognizes caregiver’s emotions and reacts to them - for example will smile at a happy face
- Shows a preference for main caregivers, reacts to strangers by searching for caregiver
- Moves from holding things in palm to using thumb and finger
- Begins to show a sense of self control – may push food away, pull back toys and scream loudly



- 會揮手再見、玩躲貓貓和拍拍手
- 能不需支撐坐著，自己伸手拿玩具
- 能夠自己從躺臥坐起身體
- 會用雙手和膝蓋爬行，能靠著家具自己站起來，也可能抓住家具開始走路
- 找尋掉落甚至看不見的玩具
- 把東西互相敲打，或打在桌面上
- 發出很多聲音，並可能會模仿你的聲音
- 明白很多詞彙，例如「不」和「再見」，但仍然不會說出來
- 能分辨照顧者的情緒，並對其有反應，例如照顧者笑，嬰兒也會微笑
- 偏愛主要的照顧者，當面對陌生人時，會搜尋照顧者
- 從用手掌握緊物件，到使用拇指和手指來緊握物件
- 開始表現有自我控制意識，可能會推開食物，拿回玩具和大聲尖叫

### WHAT TO DO WITH YOUR BABY:

- Let your baby feed themselves during family meals
- Introduce family foods such as pieces of fruit, soft cooked vegetables and Cheerios. Avoid foods that may cause choking, such as: nuts, seeds, raw peas or carrots, whole grapes, popcorn, wieners
- Talk about what your child is looking at and doing in your home language(s), even if you are saying the same word many times
- Provide a variety of safe toys to explore and play with (blocks, rattles, cups, bowls, squeeze toys)
- Look at picture books with your baby and talk about what is in the pictures
- Place toys on floor out of their reach to encourage movement (crawling, rolling, “bum” shuffling)

### WHEN TO ASK QUESTIONS:

- Baby does not babble or make many sounds
- Baby does not respond to words spoken to them
- Baby arches back when sitting and legs seem stiff
- Baby does not take weight through legs and cannot sit independently
- Baby has difficulty moving from a sitting position to hands and knees or difficulty crawling
- Baby prefers to stay in one spot
- Baby does not seek comfort from main caregiver when unhappy

### 如何與嬰兒相處:

- 家庭聚餐時，讓你的嬰兒自己進食
- 引入一些家庭食物，如小片水果，煮得很軟的蔬菜和麥片。不要吃一些容易令嬰兒噎住的食物，例如堅果、瓜子、生豌豆或胡蘿蔔、整顆葡萄、爆米花和香腸等
- 當孩子看著或做著某些事情時，用你家庭語言與孩子說那些事情，即使你不斷重複同一個字彙，也應繼續
- 提供各種安全的玩具讓嬰兒探索和玩耍（積木、發出格格聲的撥浪鼓、杯、碗和可擠壓的玩具）
- 同嬰兒一起看簡單的圖畫書，並談論圖畫裡的事物
- 把玩具放在地板上嬰兒拿不到的地方，鼓勵嬰兒運動（爬、滾動、屁股慢慢移動）

### 何時要提出疑問:

- 嬰兒不呀呀學語或沒有發出很多聲音
- 嬰兒對別人跟他們的說話，沒有回應
- 嬰兒坐的時候拱背，並且腿部僵硬
- 嬰兒雙腿不能承重，也不能獨立地坐起
- 從坐姿轉到用手和膝蓋支撐或爬行，均有困難
- 嬰兒喜歡呆坐在一個地方
- 嬰兒不開心時，不會要求主要照顧者的安撫

### WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant development program (604-279-7059)

### 向誰求助:

- 你的家庭醫生
- 公共健康護士(電話:604-233-3150)
- 幼兒發展服務計劃(電話:604-279-7059)

### ✓ TIP / 提示

The library can teach you how to choose the right books for your baby and provides you with space and programs where you and your baby can meet and play with other babies and caregivers.

圖書館能教你如何為你的嬰兒選擇適合的書籍，並提供空間和活動，讓你和嬰兒可與其他嬰兒和照顧者會面，一起玩耍。

