

Ways to Encourage SELF CARE SKILLS *in babies*



All children have a drive to be independent. This is a healthy part of development. Self care skills are how your child learns to do things on their own. These skills start as early as the day they are born! Encouraging your baby to practice self care skills will help them grow their independence and thrive in the world around them.

birth-3 months

Your baby is learning how to eat. You can help them be successful with some simple considerations: If nursing, make sure to get into a spot that is comfortable so you and your baby are relaxed. When bottle feeding, make sure you have the right flow of nipple so formula or milk does not come out too fast or too slowly, allowing your baby to eat efficiently.

3-6 months

Play with your baby. Try placing different objects in front of your baby for them to grab and bring to their face or mouth, and encourage two-handed play with simple toys during diaper changes or floor time.

6-12 months

Teach your baby how to self-feed. Begin by offering finger foods, then introduce a spoon and fork. Consider bowls that attach to the table, child-sized utensils and small cups with handles and spouts for pouring. Make sure to give them plenty of time to practice!



Is your child meeting their milestones? Find your free developmental screening center at screenforsuccess.org/regional-map/