



HOW ADULT
PATIENTS CAN
SUPPORT
THEIR INFANTS
AT HOME
AGES 0 - 18 MONTHS

CHILD LIFE AT CITY OF HOPE

For Child Life support and education, please email your Child Life specialist:



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Infant Development

- Infants seek bonds of love and trust with their parents/caregivers.
- Infants recognize emotions and are able to react to them. For example, they will smile when they see a happy face.
- They may show shyness toward strangers.
- Infants learn to focus their vision, reach out and explore things around them.
- Infants learn language through making sounds of babbling and cooing.

Positive Parenting: Interventions to do with your infant from afar

- Video/FaceTime and play games like peek-a-boo.
- Create voice recordings of yourself talking to your infant.
- Create recordings of yourself singing songs/nursery rhymes.
- Record yourself reading storybooks.
- Keep a consistent routine to help your infant continue to build trust.
- Encourage your infant to cuddle or sleep with a clothing item with your scent on it (e.g., pajama top).
- Take care of yourself physically, mentally and emotionally. Try to stay calm and relaxed by listening to music, watching TV, reading a book, using a mindfulness app, playing games or doing puzzles.