



In the first year...

Language development

Babies prefer *parentese*, the high pitch, slow pace and musicality of language used by many parents. This appears to help children identify the distinct sounds of their native language, a crucial step in understanding and producing speech.

Emotional development

Skin-to-skin touching can inhibit the release of stress hormones, making your baby healthier.

Social and emotional development

Newborns can distinguish their parent's voice from all others and can associate pleasant sensations with their mother's unique fragrance.

Speech and language development

Hearing in the newborn is a well developed system. Babies can distinguish between loud and quiet. They are able to distinguish higher pitched sounds better than lower frequencies.

Visual development

Vision is the last sense to reach full capacity, but at three months a baby can track objects. Mobiles help your child focus and improve his/her vision.

ECFE sites for infant programs

Central Park – Suite 106

8595 Central Park Place
Woodbury, MN 55125
651-768-5330

District Program Center

8400 East Point Douglas Rd S
Cottage Grove, MN 55016
651-458-6632

Woodwinds Health Campus

1925 Woodwinds Drive
Woodbury, MN 55125
651-768-5330

For information about infant programs in other school districts, call 1-800-KIDS-709

<http://cfl.state.mn.us/ecfi>



Your Baby's First Year



Early Childhood Family Education

Opportunities for you and your baby

South Washington County Schools



Early Childhood Family Education - ECFE

Your baby's first twelve months are a period of intense physical, social and intellectual growth

Recent research has changed the way we think about how a baby's brain develops. We now know that early experiences have a strong and significant influence on the architecture of the brain. We also know that the quality of the attachment between a baby and his/her parents has a direct impact on how the brain is wired.

ECFE can help you provide important early experiences for your child

Your local ECFE program offers classes and services for you and your baby. Classes provide a time for parent-child activities and for discussion of topics important to you during your baby's first year of life.

Hospital and Home Visits

In the first days of your baby's life, ECFE infant specialists are available for one-on-one teaching and support in the hospital or home setting. **Welcome Baby** visits from an ECFE infant specialist provide parents with valuable information about the capabilities of their amazing newborn.

Support Groups

New Parent Connection offers support and information to new parents during the exciting and challenging period of transition following the birth of a baby. Designed for parents and infants, birth to six months of age, **New Parent Connection** is held at Woodwinds Health Campus. Parents and babies may join the group at any time. No pre-registration is required. If you are interested in **New Parent Connection** please call 651-768-5330.

Classes For You and Your Baby

The perfect way to begin the adventure of parenting... ECFE Infant Classes

Led by licensed early childhood teachers and parent educators, **ECFE infant classes** are the perfect way to begin the adventure of parenting. During a typical ECFE class, parents and babies participate in activities provided by a licensed early childhood teacher, including sensory play, large and small motor activities, songs and fingerplays. Parents also participate in parent education, focused on topics of interest such as infant development, crying, comforting, sleep and nutrition.

If you are interested in registering for an **ECFE infant class** please contact any of the ECFE sites listed on the back of this brochure.

