

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.

Programming for infants is available at the following sites

Central Park – Suite 106
8595 Central Park Place
Woodbury, MN 55125
651-768-5330

Valley Crossing
9900 Park Crossing
Woodbury, MN 55125
651-702-5717

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
1-800-KIDS-709
<http://cfl.state.mn.us/ecfi>



Your Baby's First Year

 **www.cec Cool.com**
A program of Community Education

Early Childhood Family Education
South Washington County Schools 



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.

Your local Early Childhood Family Education (ECFE) can help you provide those important early experiences. The program offers classes and services for parents with babies. Classes provide a time for parent-child activities and also time for discussion of topics important to you during your baby's first year of life. Hospital visits and support groups are offered at Woodwinds Health Campus in Woodbury.

ECFE offers ...

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 – eight 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

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 will participate in activities provided by an 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.

