



# Baby Bill of Rights

## ***HOLD ME***

Everything is so big and new to me. I don't understand where I am. Or who I am. And I get scared. But when you hold me, I feel better. Your warmth warms me. Your breath and heart beat make me feel I belong. Belong here. Belong to you.



## ***TALK TO ME***

Sing, hum, babble, or even read the funnies to me! I don't know exactly what you're saying, but I need to hear you. And I do know what you mean, even if I may not know words. Like your voice tones mean, "I love you." Or when you yell, I hear, "You're a pest!" Unless you communicate with me, how can I learn? I learn from you.



## ***ANSWER MY CRY***

I don't cry to get you upset. Or to get you mad. I cry because I can't tell you how I feel any other way. Maybe I'm cold or wet or hungry or scared and lonely. Answer my cries. You'll soon know what each one means. You won't spoil me. You'll help me to be a better baby and to make you happier, too.



## ***LOVE ME***

Like me. Love me just as I am. Don't expect me to do what I can't do. Like being toilet-trained. My muscles aren't ready yet. I know I'm messy. But I'm growing. Overlook my baby weaknesses. You're the most important person in my world. I can't make it without you. So get to know me. Have fun with me. And love me . . . just as I am.



Adapted From Nine Months to Get Ready. . . You Can Make a Difference, the Arizona Department of Health Services.