Parenting Week #6

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1. The infant develops rapidly during the first five years, and till age three, they grow and develop even faster. The infant develops in four areas that are language or communication, cognitive, physical, and social or emotional development. Parents' involvement is crucial for the better development of the infant. Parents can help in healthy development in their language, cognitive, and emotional development (“Help Me Grow MN,” n.d.). When parents give time to the infant and try to communicate with them through small sentences or singing, the infant develops an interest in specific learning activities. For instance, by saying the name of the commonly used object and its repetition enable the infant to speak those words. An infant tries to repeat words and even respond to questions asked by parents. Social and emotional development varies on different elements like attachment, emotional regulation, temperament, and social skills, which parents can improve by giving more time and care to the infant (“Social and Emotional Development,” n.d.). For instance, parents may ask, "are you hungry?" on which infant often responds by moving hands or show crying emotions in response. This not only increases communication skills but also develop emotional development. Infants understand when to show happiness or anger. They become comfortable with the parents and show trust in them. In addition, by engaging infants in quality interaction can result in positive cognitive development. For instance, if the toddler shows interest in colorful things, parents can give him colors and drawing books or give him a colorful book with alphabets, which can help the child to learn new things.
2. Taking care of an infant is not easier, especially during the initial years because, during this period, infants remain unable to tell their problems and show emotions only by crying. The parent becomes curious when infants cry too much, and they found no physical harm. Some infants cry more than others where researches indicate that infant cry more during the evening and late afternoon. In addition, parents' attitude has a direct link with the infant's behavior development. For instance, parents who do not believe in value knowledge, they cannot improve self-efficacy in their children. Therefore, the parents need to improve their psychological health and well-being to support their children in positive development. Mother is the person who remains with the infant most of the time; therefore, she should be healthy and psychological fit. She should take proper sleep, and she can take a nap when the child is sleeping. She can ask her partner or other family members to help in bathing the child or hold him while doing housework. Take healthy and fresh food because breastfeeding transfers the impact of food on the child that the mother eats. Just like a mother, the father should also take care of his diet, sleep, and temperament i.e., when he feels annoy and get unable to handle the child then it is better to give child someone else rather than trying to calm him down by shaking or throwing in air (National Academies of Sciences et al., 2016).
3. The infant has a strong relationship with his crying. He shows all his emotions by crying whether he is hungry or in pain or even wants attention. Parents often get confused behind the reason for the baby's cry. For instance, the baby just wants the attention of the parents, but they try to feed him even though he is already full. In such a situation, the infant starts crying even more, which can annoy parents a lot. "Purple" indicates the crying period of the baby, where "P" indicates the age limit when infants cry more. "U" helps parents to understand the fact that infants can cry without any reason, so it might be unexpected. Therefore, they should not be much worried about every cry period of their 2 weeks to the 3-4month baby. "R" indicates that the baby does not respond while parents use different strategies to soothe him. "L" indicates that infants can cry up to five hours, which can frustrate parents. "E" shows the fact that most of the infants cry during evening time. Period of PURPLE crying shows that parents can be frustrating or can lose their temper while giving care to the infant. However, different strategies like holding him close to themselves or take him out in different environments can soothe the child. In addition, distracting him by singing, or noise of toys or even starting the fan can be helpful.

**References**

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