

# SIGHT

# 1



Sense Abilities



## SIGHT

“Smile and the world smiles with you.”

*Louis Armstrong*

### Reflection

Reflection: When someone you know smiles at you, how does it feel? How does it feel when you smile at someone else?

### Action

As you do ordinary tasks, like picking up your child or putting him in the car seat, take a moment to smile and notice a reaction. What do you think your child could be feeling in that moment? How do you feel?

# SIGHT

# 2



Sense Abilities



## SIGHT

“Don’t worry that children never listen to you; worry that they are always watching you.”

*Robert Fulghum*

### Reflection

When someone you care for is in a good mood and looks at you, how does it feel? When someone you care for is in a bad mood and looks at you, how does it make you feel?

### Action

Take a minute today to notice your child’s reaction to you when you are in a good mood and when you are in a bad mood. Does her mood or behavior change?

# SIGHT

# 3



Sense Abilities



## SIGHT

“A child is like a piece of paper on which every person leaves a mark.”

*Unknown*

### Reflection

When we see someone we know, our reactions are different than when we see a stranger. Can you remember what it felt like when you were a child and you saw a familiar person? What about an unfamiliar person?

### Action

Notice your child's reactions when he sees people he knows and doesn't know. What do you think he feels in these different moments?

# Sound

# 4



## SOUND

“You’re the song I was destined to know.”

*Unknown*

### Reflection

When we live somewhere for a while, we learn the sounds of that place. Can you think of the different sounds in and around your home? Which ones do you like? Which do you find annoying or upsetting?

### Action

Take note of how your baby reacts to the sounds around her. Write a list of sounds that seem to create calm, happiness, or that she doesn’t like. How does she react to the sounds you make?



# Sound

# 5



## SOUND

“Children are great imitators, so give them something great to imitate.”

*Unknown*

### Reflection

Our voices change somewhat throughout the day, from situation to situation and mood to mood. In what ways does your voice change when you are tired, angry, impatient, calm, or happy?

### Action

Practice using different tones such as a whisper or a high-pitch voice when talking with your baby. See how she responds. Does changing your tone also change your mood?

# Sound

# 6



# SOUND

“Mothers hear what children cannot say.”

*Unknown*

## Reflection

Babies fill our lives with their sounds: laughing, crying, squealing, shouting. Can you tell what your child is saying most of the time? When you don't know, how do you try to understand?

## Action

When your baby cries or makes other sounds, notice how quickly you know what he needs. When you aren't sure and then figure it out, try to remember everything you did to help you. What finally worked?

# TASTE

# 7



Sense Abilities



## TASTE

“Food for the body is not enough. There must be food for the soul.”

*Dorothy Day*

### Reflection

Imagine one of your favorite foods. Have you liked the taste of it for a long time? Who makes or made it best? Are there people or places that you think of when eat your favorite foods?

### Action

Children feel understood when you give them food they like. Make a list of foods that your child likes. Who else knows these personal favorites? Put this list in the kitchen to help you remember to give them to your child often.

# TASTE

# 8



Sense Abilities



## TASTE

“A person’s a person, no matter how small.”

*Dr. Seuss*

### Reflection

Imagine you are sharing a meal with your child when he has grown up. What do you see yourselves eating? Where do you see the two of you eating: at home, in a restaurant, on a picnic? Can you describe it?

### Action

When you establish a tradition like eating together, it can act like an anchor in the sea of life. Write down a tradition you would like to start with your child around meals.



# TASTE

# 9



Sense Abilities



## TASTE

“The moment a child is born the mother is also born.”

*Bagwan Shree*

### Reflection

One way babies learn about their world is by tasting things—food, toys, keys, anything they find around them. Have you noticed your child do this?

### Action

Watch your baby as he puts things in his mouth. If the object is too small or unsafe, make a trade with him. If not, let him taste it and feel it with his mouth. Letting your child learn about the world gives him the message that it is good to explore.

**SMELL**

**10**



Sense Abilities



## SMELL

“To the world you are just one person, but to one person you could mean the world.”

*Unknown*

### Reflection

Coffee, a candle, popcorn, laundry detergent, perfume—each smell can bring to mind a person, a place, a memory. Imagine a home that is safe and comfortable. What smells would help create those feelings for you? Why?

### Action

Make or buy a food that has a smell that you like. Notice how it affects your mood. Think of a way you bring smells your child likes into her world.

**SMELL**

**11**



**Sense Abilities**



## SMELL

“Every child begins the world again.”

*Henry David Thoreau*

### Reflection

Blankets, stuffed animals, and fabrics all hold smells that young children like when they go from one place to another. Do you remember having something that you liked holding when you were a child? Did it have a special smell?

### Action

When your baby is away from you or home, pack something he likes, or that you think he will like. These things provide a young child with the feeling that he are connected to you even when they are not with you.

**SMELL**

**12**



**Sense Abilities**



## SMELL

“You’re only here for a short visit. Don’t hurry, don’t worry. And be sure to smell the flowers along the way.”

*Walter Hagen*

### Reflection

Sometimes when we are upset, it helps to stop and think about, touch, or smell something beautiful.

What smell makes you feel better? Can you share it with your child?

### Action

Imagine being in a beautiful place. Take a deep breath while thinking of that place. Do you feel better?



**TOUCH**

**13**



**Sense Abilities**



## TOUCH

“Mothers hold their children’s hands for a short while, but their hearts forever.”

*Unknown*

### Reflection

Everyone is different when it comes to how they like to be touched. Some people like to cuddle, others don’t. Parents touch their babies every day in lots of ordinary ways—holding, bathing, burping, carrying, kissing. How does your baby like, or not like, to be touched?

### Action

When you are with your baby, take a moment to notice how many different ways you touch her in the course of a regular day and night. Make a mental note of some of the ways your baby reacts to your touch.

**TOUCH**

**14**



**Sense Abilities**



## TOUCH

“Children will soon forget your presents. They will always remember your presence.”

*Jesse Jackson*

### Reflection

A friendly pat on the back, a hug, or a hand to hold, can all offer support. Can you think of a time when you needed comfort and someone gave you a tender touch?

### Action

Most children both reach for and pull away from their parents. Going to and fro is part of building trust. When your child is tired, playful, or scared, notice what form of comfort she seeks from you. Responding to her needs will help her feel secure.

**TOUCH**

**15**



**Sense Abilities**



# TOUCH

“Touch has a memory.”

*John Keats*

## Reflection

Can you remember touching something that made you feel calm?

## Action

Hold your child’s hand and let cool water run over your fingers. Now try warm water. Does the change make you feel different?