

Ages and Stages

Podcast Transcript

Wouldn't it be nice if babies came with instructions? Sure, there is information available about one parenting technique or another — each claiming that their way is the 'right' way, but tired parents don't always have enough time or energy to weed through a mound of suggestions in hopes of finding a clear answer.

Maybe you want to know when to have the house baby-proofed in time for those first steps. Maybe you are desperate to find out when your newborn will finally sleep more than three straight hours at night — hopefully it's soon! You may be dying to see that first smile, or maybe your child is older and you're curious if you can leave them home alone yet. These are all great questions, and many parents just like you would love to have the cheat sheet with all the answers.

Understanding your child's development gives you a parenting head start because you can anticipate the next big milestone. Knowing what to expect and when to expect it gives you a chance to prepare — whether preparing is baby-proofing the house or doing some quick research, so you don't feel like you're playing an endless game of catch-up.

No matter where your child is developmentally right now, you can find the support resources you need. If you have young children, check out the Centers for Disease Control's Ages and Stages through <http://www.cdc.gov> for a milestone guideline or Just in Time Parenting at <http://www.parentinginfo.org>. Also, the behavior and development portion at www.zerotothree.org offers everything you need to understand about your developing baby or toddler from brain development, language and literacy, behavior and health. These resources are easy to navigate and are research-based, so you know you can trust what you're reading.

If you have school-age children, check out www.childwelfare.gov to find out when your child can safely and legally stay home alone, or visit the parenting page at <http://www.militaryonesource.mil> for helpful articles and a wealth of resources for parenting at any age.

While your child might not have come with a set of instructions, support is just a few clicks away. Better understand what to expect from your developing child and — in the process — help your child maximize education, nutrition, development and safe fun at each age and stage!

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For more information, visit Military OneSource at <http://www.militaryonesource.mil>, an official Department of Defense website.