

SOCIAL MEDIA

December: Week 1

(Image: December Week 1.png)

Human beings are hardwired to seek out each other's touch before we are even born. If you've ever touched the palm of a newborn baby, then you've likely witnessed one of the earliest instinctual responses to manifest in humans: the "grasping reflex." Touch is the first of our senses to develop and our most fundamental means of contact with the external world. It's more than just a comforting sensation; touch is vital to human development and life.

Learn more about the profound power of holding hands:

https://www.huffpost.com/entry/power-of-holding-hands_n_57435a8be4b00e09e89fc162

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December: Week 2

(Image: December Week 2.png)

When do babies discover their hands? At 3-4 months, your baby will begin to lift their hands up into their field of vision. As they gain more control over opening and closing their hands, your baby will start to see the impact they can have on their own little world.

Listen to this podcast to learn more about when and how babies learn to use their hands:

<https://lovevery.com/community/blog/podcast/how-and-why-human-touch-is-important-for-kids/>

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December: Week 3

(Image: December Week 3.png)

When parents engage in positive touch, young children have improved chances to successfully develop socially, emotionally, and intellectually. So what kind of touch is best? To relax a crying or scared baby, the best technique involves a light message or gentle strokes on its back and legs. To stimulate a baby after waking up from a nap or during playtime, stroking a baby's face, feet, or stomach increases their alertness.

Visit <http://www.urbanchildinstitute.org/articles/research-to-policy/research/enhancing-development-through-the-sense-of-touch> for more information about enhancing your child's development through touch.

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December: Week 4

(Image: December Week 4.png)

Holding hands with your child can keep them safe and should be the rule when crossing the street or walking in busy environments. While holding hands can be one of the most beautiful connections between caregivers and children, many children struggle to understand when and why they need to hold your hand.

Visit <https://day2dayparenting.com/hand-holding-tips-parents-toddlers/> for tips and strategies for addressing common hand-holding issues.

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