



Early Childhood Development



Remember: Parents play the most important role in a child's development. Responsive, involved, and supportive parents positively shape a child's emotional, cognitive, social, and physical development.

Recommendations for Care for Child Development

NEWBORN, BIRTH UP TO 1 WEEK	1 WEEK UP TO 6 MONTHS	6 MONTHS UP TO 9 MONTHS	9 MONTHS UP TO 12 MONTHS	12 MONTHS UP TO 2 YEARS	2 YEARS AND OLDER
Your baby learns from birth  PLAY Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently soothe, stroke and hold your child. Skin to skin is good.  COMMUNICATE Look into baby's eyes and talk to your baby. When you are breastfeeding is a good time. Even a newborn baby sees your face and hears your voice.	 PLAY Provide ways for your child to see, hear, feel, move freely, and touch you. Slowly move colourful things for your child to see and reach for. Sample toys: shaker rattle, big ring on a string.  COMMUNICATE Smile and laugh with your child. Talk to your child. Get a conversation going by copying your child's sounds or gestures.	 PLAY Give your child clean, safe household things to handle, bang and drop. Sample toys: containers with lids, metal pot and spoon.  COMMUNICATE Respond to your child's sounds and interests. Call your child's name, and see if your child responds.	 PLAY Hide a child's favourite toy under a cloth or box. See if the child can find it. Play peek-a-boo.  COMMUNICATE Tell your child the names of things and people. Show your child how to say things with hands, like "bye-bye". Sample toy: doll with face.	 PLAY Give your child things to stack up and to put into containers and take out. Sample toys: Nesting and stacking objects, container and clothes clips.  COMMUNICATE Ask your child simple questions. Respond to your child's attempts to talk. Show and talk about nature, pictures and things.	 PLAY Help your child count, name and compare things. Make simple toys for your child. Sample toys: Objects of different colours and shapes to sort; stick or chalk board, puzzle.  COMMUNICATE Encourage your child to talk and answer your child's questions. Teach your child stories, songs and games. Talk about pictures or books. Sample toy: book with pictures.

Give your child affection and show your love | Be aware of your child's interests and respond to them | Praise your child for trying to learn new skills

- **Continue to breastfeed exclusively until 6 months of age.** Breast milk is the safest source of nutrition for your baby during this journey. Breastfeed whenever your baby wants, watching for early signs of hunger (such as sticking out their tongue or sucking their fist). After 6 months, continue with complementary feeding in addition to breast milk, and continue this until 2 years of age and beyond. This means introducing complementary foods to the child alongside breast milk. It is very important that children are fed age-appropriate and healthy foods and drinks during this process. Before starting complementary feeding, consult a healthcare professional to determine the type, quantity, and feeding order of the foods to be used.
- **Children with disabilities may need foods with different textures or special feeding techniques.** Observe your child's reactions and consult your family doctor or a pediatric nutritionist if they experience any feeding difficulties.
- **In case of an emergency, call 112 while you are in Türkiye.**



For help

For all other matters, please contact the staff of your nearest NGO.



Available 24/7 for emergencies and reports, and Monday through Friday from 8:00 AM to 6:00 PM for general inquiries.



WhatsApp line
+90 501 183 0 183



UNHCR
The UN Refugee Agency

444 48 68



You can find the address of your local bar association by scanning the QR code.