Newborn to One Year Old (Infants)

- Helping deliver the baby
- Changing the baby’s diaper
- Feeding the baby with a bottle
- Getting up at night to care for the baby
- Cleaning up after the baby spits up on you
- Taking care of the baby when you are sick
- Figuring out what is wrong with a crying baby
- Handling a baby who won’t let you put her down because she is afraid of strangers
- Dressing the baby
- Playing with the baby
- Taking the baby to the doctor or medical clinic

One to Three Years Old (Toddlers)

- Teaching your child new words and sentences
- Dealing with temper tantrums
- Toilet teaching/training
- Playing with your child
- Reading to your child
- Handling your child when he or she hits or bites
- Dealing with “messes” at mealtime
- Dealing with problem behaviors (for example, when your child demands your attention constantly, won’t share, says no to everything, etc.)
- Changing the house to make it safe for your curious child
- Dealing with your child’s expression of emotions, including anger, rage, fear and sadness

Three to Five Years Old (Preschoolers)

- Dealing with your child’s jealousy
- Answering questions about sexuality/body parts
- Taking care of a sick child
- Dealing with your child’s fears, such as nightmares about monsters
- Finding a preschool for your child
- Working as a volunteer in your child’s school
- Keeping your child safe from strangers
Teaching your child right from wrong
Cooking for your child
Bathing your child
Dealing with a child who lies
Dealing with bed wetting
Helping your child learn to read
Teaching your child a sports skill, such as throwing or catching a ball
Having birthday parties for your child

**Six to 10 Years Old (School-Age)**

Selecting a school for your child’s first grade
Helping your child with homework
Attending PTA meetings
Disciplining a child for inappropriate behavior, such as stealing, disobeying in school, etc.
Teaching your child values
Giving your child chores around the house
Taking your child shopping for clothes and toys
Playing sports with your son
Playing sports with your daughter
Dealing with your child’s feelings, including sadness, anxiety, anger, etc.
Stimulating your child’s intellect
Monitoring what your child reads, watches on television, listens to on the radio, searches on the Internet, etc.
Taking your child on school/family outings
Becoming a baseball coach or troop leader
Teaching your child the facts of life
Encouraging your child’s independence
Teaching your child about his or her cultural heritage