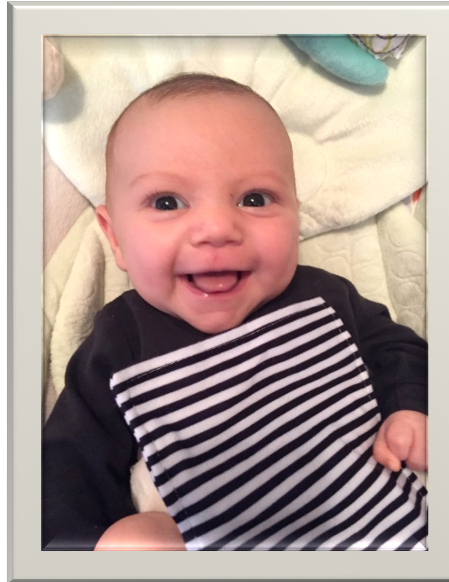


# Zachary (3 months)

## What is Important to me

- Be held upright like a big boy
  - Playing with people
- Cooing, smiling, and giggling with others
- Hitting the guys on my playmat and kicking my feet
- Looking out the window, or going outside
  - Tummy time
  - Singing songs like head shoulders knees and toes
  - Listening to music
- Baby massage for relaxation



## What others like about me

- Great big smile
  - Cute laugh
- I give the best hugs
  - Big talker
  - Always happy
  - Cutie Pie
- Mover and a Shaker

## How to support/comfort me

- When I am tired I like to chill with my nuk and be held
- If I get fussy you can rub your hands across the front part of my hair
- Hold me upright and walk around a little, you may pat my back lightly or rub my back
  - Sing to me, or play music, its relaxing
- Always talk to me- I enjoy having a conversation with you
  - Talk with me and play when you change my diaper
- I will rub my eyes and yawn when I am tired. Sometime my eyes will look red. You can help me nap by holding me and have me use my nuk
- If I am napping and I wake up to early and fuss, please help me by giving me my nuk and rubbing my tummy lightly or running your fingers around the front of my hair. If I still don't go back to sleep, you may need to hold me and rock me.