



Tips for Visiting Relatives: Ideas for Parents

- Call ahead and plan as much as you can. Ask if they can borrow a crib and high chair for your visit. If not, bring a portable crib and safety plugs for electrical outlets.
- Pack what your baby will need: foods you know she will eat, blanket or sleep toy, favorite toys and books, changes of clothes, diapers, and wipes.
- Once you arrive, set aside a “cozy safe place” where you can let the baby play and explore. This might be in part of the kitchen, the living room, or the room where you will sleep.
- Stick to your daily routines for eating and sleeping as much as possible. Set consistent limits and give lots of praise for cooperative behavior. Encourage family members to join in your play, reading, and routine times.
- Plan only a few visits or activities for each day. Infants and toddlers tire easily, especially when so many exciting things are happening.
- Ask your family for help in planning and carrying out short, easy, and fun trips to the local zoo, nearby playgrounds, and parks.
- Meeting new people who want to get to know your baby may be overwhelming to the baby, especially between the ages of 9 and 18 months. Introduce “new” people to your baby. Then she will know that it is okay to interact with them at her own pace.
- Take pictures of the baby and family members and send copies to them. At home you can look at the pictures together and talk about your special visit.
- Save some nap times for adult-to-adult conversation! If you can, plan one outing for yourself and another adult during your visit.

On our first trip, we visited with

You were _____ (age).

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