



Letter from Your Child

Dear Mommy and other Loving Family Members,

I am finally getting the hang of being a little person. It's taken me a few months to do this. It's hard sometimes to make sense of everything. It helps if we have a routine for eating, sleeping, and playing - then I can relax and know a little what will happen throughout the day.

I can't do too much for myself yet. So I need you a lot right now. If you respond to me right away, I promise I won't get spoiled. It will let me know that I can trust you and that you will be there for me when I most need it.

In my own small way, I am also beginning to realize that I can make things happen! I can reach out and grab something. I may be able to put it into my mouth, transfer it to my other hand, or put two objects together. What a wonderful feeling to be able to do things! I would like to feel this feeling more and more.

But I feel most wonderful when I am with you. I love when we look into each other's eyes, smile, make faces, and pretend that we're talking to each other.

Sometimes it's so wonderful that I can only take so much before I have to look away and calm myself down before we can start "talking" again. Please be patient with me and know that I am not rejecting you, I just need to rest sometimes.

You are my world. I feel your feelings and I am beginning to imitate them. I am learning about my own feelings that way. You are my teacher.

Thank you for loving me and helping me to learn about the world.

Love,
Your child