



Communication

Activities to Help Your Baby Grow and Learn



Your baby now has many different sounds and a lot to say. She likes to play with sounds such as “ba ba ba” and is learning that some sounds mean special people, such as “dada.” She understands some words and directions now and will soon say the names of familiar people or things.

- Following Directions** Help your baby to learn to listen and follow simple directions. Try simple directions such as “Show me Grandma,” “Wash your tummy,” or “Hold the diaper?” When baby responds or follows the direction, be sure to let him know you notice. “Oh, there’s Grandma” or “Thank you for holding the diaper.”
- Grocery Time Is Learning Time** When you go to the grocery store and baby is with you, talk to her about what she is seeing. Let her hold a box or put items into the grocery cart. Point out signs in the store and read them to your baby. “That sign says apples. Let’s get some nice red apples.”
- The Telephone Game** Talk to your baby on his play phone or an old cellular phone. When there are two phones, you can both talk and your baby will have fun carrying on a conversation just like the big people.
- Sleep Waltz** At naptime or bedtime in the evening, hold your baby close and dance together to some quiet music. Your baby has probably spent a lot of time exploring during the day. Now she needs some cuddling. This communicates to baby a feeling of closeness and intimacy.
- Quiet Times** When baby is awake and alert, turn off the radio and TV so that he only hears your voice. This helps baby hear the sounds of words more clearly. Hum and sing just for baby’s pleasure. Ask baby, “Can you hear a bird?” “Can you hear the clock?”
- Baby Babble Game** When your baby makes a sound such as “ba,” repeat the sound back: “ba ba ba.” Your baby will enjoy playing with sounds and making conversation.
- Applause, Applause** When baby does something new or fun, give baby a hand. Clap and say, “Yea!” Baby will love the attention and will probably clap, too!
- Reading Adventures** Read to your baby every day. Cuddle up, get close, and make this a special time together. Point to pictures in books or ask her to find something. “Where’s the kitty?”



8–12 months