



Communication

Activities to Help Your Baby Grow and Learn



Your wonderful new person communicates with her whole body. Her gaze at you tells you that you are the most important person in the world. She communicates with body movements, noises, and her own special cry when she needs something. Your baby's favorite music is your gentle voice. Even though she enjoys the sounds of a busy household, some quiet time is important so baby can hear family voices.

Song and Rhyme Introduce your baby to the chant, rhyme, and rhythm of your favorite songs and nursery rhymes. Change the words of a familiar tune. Add baby's name now and then ("Twinkle, twinkle, little Andy. How I love my little Andy").

Sing and Talk as You Take Care As you bathe, feed, exercise, or change your baby, sing any song. Make up your own songs. Let your baby watch your face while you talk and sing. Encourage other family members to do this. Baby knows how important she is.

Funny Baby During quiet, happy times encourage your baby to smile. Make funny (not scary) faces that baby likes. When baby smiles, be sure to make that face again. Tell baby how funny he is!

Picture Books With baby cuddled on your lap, hold a book with simple, clear, colorful pictures so that both of you can see. Talk softly about what you see as you point to the pictures. Baby will learn that reading time is very special.

Special Talking Time When your baby is awake, cuddle her and hold her so she can see your face. Talk for a little while. Look at her face as she looks at yours. Encourage her to make different sounds, coos, and squeals. Have a conversation.

Words for Baby's Cry As you comfort baby when he cries, talk about why he is crying. Try to figure out what's wrong, and tell him about it as you take care of his needs.

Noticing Sounds When sounds happen around the house, help baby notice by talking about them ("I hear the telephone ringing," "I hear your brother calling").

Telephone Time When you are on the phone, hold your baby close and look at her. Baby will enjoy watching and listening to you. She'll think your conversation is just for her!



1-4 months