



Problem Solving

Activities to Help Your Baby Grow and Learn



Your baby already responds to sounds and voices. He's beginning to look for the source of the noise. He also looks at his surroundings and will show an active interest in a person or toy. He likes to study things like his own hands and his favorite face—yours!

Tracking Fun Let baby follow a rattle, a shiny spoon, or your face with his eyes. Hold your face or an object 10–12 inches from baby's face and slowly move from left to right. Talk softly as you play. Baby will enjoy being part of the action.

Light Touch Stroke your baby gently with a feather, a cotton ball, or the edge of a cloth. Your baby will enjoy the sensation as she learns to isolate different body parts. Talk to baby softly. Describe what she is feeling.

Cotton Ball Sniff To help your baby develop his sense of smell, dip cotton balls in different fragrances such as mint or vanilla extract. Gently waft these near baby so he can experience the scent. "Mmm, it smells so good."

Making Faces With baby on her back, lean over her and make surprised or happy faces. Encourage her to reach for your nose or lips or mouth. Have a little laugh together.

Colorful Socks Put a brightly colored sock on your baby's foot. This will encourage her to look at her feet, then pull at them and catch a foot. This game will help baby discover parts of her own body.

Silver Spoons Lie your baby on his back, and dangle a shiny spoon above him so he can reach and bat it. A shiny spoon also makes a nice hanging crib toy to entertain baby as long as it is safely tied out of reach.

Reaching Practice (about 3–4 months) With your baby in your lap or the lap of another special person, hold up a safe, interesting toy on a string for him to reach for. Let baby be successful by slowly moving the toy to his fingers.



1–4 months