



Communication

Activities to Help Your Baby Grow and Learn



Your baby has learned to use his voice: He squeals and is beginning to babble to you and to others. He knows his name and may use his voice to let you know he is happy. He can shout for your attention and is about to make sounds such as “mama” or “dada.” He is also learning to respond to “bye-bye.”

Baby Rubdown After bath time, enjoy some quiet time talking with your baby as you gently rub him down with lotion or oil. Tell him about your day—ask about his.

What’s That? When your baby notices a sound, help her locate the source. Ask your baby, “What’s that? Daddy’s car?” “Did you hear a dog?”

Touch that Sound (about 5 months) As your baby begins to experiment with his voice, you will probably hear /b/, /m/, and /d/ and “ah,” “ee,” and “oo” sounds. Imitate the sounds baby makes. While you make the sound, let your baby put his fingers on your lips to feel the vibrations.

Trust Building with Words When you move away from your baby to do other things, keep in touch with your baby through your words. Tell her what you are doing as she follows with her eyes. “I’m over here. I’m picking up the clothes. I’ll be right back.” Now and then step out of sight, but continue to talk until you return. “Did you miss me?”

Reading Time Your baby will enjoy looking at pictures in magazines or books. Choose things such as a telephone, dog, car, or spoon. Sit with your baby on your lap and read about the pictures. Tell a little story. “See the phone? It’s for you.”

Sing a Song When you are bathing, diapering, or changing your baby’s clothes, sing a song such as “This is the way we wash our toes, wash our toes, wash our toes. This is the way we wash our toes, so early in the morning.”

Hide-and-Seek Move just out of sight and call baby’s name. Wait a few seconds, and then reappear. “Here I am!” Now find another place and hide again.



4–8 months