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Activities to Help Your Baby Grow and Learn



Baby will look into your eyes to tell you “I’m yours.” She loves and needs a lot of holding and physical contact. When she needs you, she will fuss or cry. Your response and gentle voice will comfort her. When she is taking in information, she will be calmer. This is often after eating, resting, or having a diaper changed. At about 7 weeks old, she will respond with a beautiful smile!

- Love and Trust Building** Respond right away when baby cries. It’s her way of telling you something important. Carry, hug, smile, sing, and talk to baby often. It’s your way of saying, “I love you and I’ll take care of you.”
- Communicating Through Touch** After his bath, baby may be ready for a massage. Use baby oil and gently massage his arms, hands, legs, feet, back, tummy, and bottom. Continue only as long as your baby is quiet and content. Talk or sing a little song. You can make it up—baby won’t mind.
- Funny Face Play** Make an “oh” face; stick out your tongue or pucker your lips when baby seems to be studying your face. Hold that expression and see if your baby will imitate it. Smile if baby copies you!
- Looking in the Mirror** Hold your baby up in front of a mirror. She may enjoy smiling and making noises at herself. As baby looks in the mirror she is learning about your gentle touch and about the “other” baby she sees.
- Peekaboo** Play Peekaboo with your baby. Place your hands over your eyes then over baby’s eyes. Release your hands and say, “Boo.” Place a blanket over your head and come out saying, “Boo.” Your baby will enjoy many variations of this game for a long time to come.
- Happy Hands** As baby’s fist begins to relax, place a small toy in his hand. He won’t be very good at letting go just yet. Let him grasp your finger while you nurse. Later, guide his hands to hold his bottle. Smile and tell him how strong he is!