

Personal-Social

Activities to Help Your Baby Grow and Learn



Your new baby needs you right now. She depends on you to feed her and keep her warm and safe. Your baby interacts by looking at you or using her voice to get your attention. When you respond to her cries, she learns to trust you. She will enjoy being held and talked to by others in the family, but you are the most important person in your baby's world.

Mealtime Moments

As baby nurses or takes a bottle, softly touch her little cheek, forehead, or tiny ears. Look her in the eyes and tell her she is like no other—your own little miracle. Your baby may want to stay right there in your arms, even if she is not eating.

What Did You Say?

As soon as your baby is born, he is trying to tell you something. Babies' first "words" are cries that say, "I want you," "I'm cold," "I'm hungry," or "I'm tired." Listen and learn what each cry means. Talk to him: "Are you hungry?" "Are you tired, little baby?"

Whose Hand Is That?

When your baby is rested and not hungry, place her on her back and sit next to her. Stay close. Tell her you love her. Talk to baby about her body: "Look at your hands! Your fingers!" Everything is new and interesting to her. Even her body parts are amazing!

Smiley Face

Smile at your baby all day, especially when diapering, bathing, or feeding your baby. Give him little nose kisses. In the first few weeks, your baby's smile is mostly a reflex, but soon he will smile back at you. What a wonderful sight!

What's Next?

Talk to your baby about her day and what is going to happen next. She does not know the words yet but will very soon. This will help your baby learn the routine: "It's time for a nap." "It's time to eat."

Give Me a Break!

Your wonderful baby is able to let you know he needs a break. He may do things like look away, yawn, cry, or arch his back. He may need a nap or just a little break. After a rest, he will be ready to enjoy his interesting world again.

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.