

# Communication

## Activities to Help Your Baby Grow and Learn



Your wonderful new person communicates with her whole body. Her gaze 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 your baby enjoys the sounds of a busy household, some quiet time is important so that she can hear family voices.

### Musical Moments

Sing as you bathe, feed, exercise, or change your baby. Introduce favorite tunes and rhymes, or make up your own. Add baby's name now and then. "Twinkle, twinkle, little Andie. How I love my little Andie." Let your baby watch your face. Baby knows how important she is!

### Funny Baby

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

### Picture Books

With your baby cuddled on your lap, hold a book with simple, clear, colorful pictures so that both of you can see. You could also look at magazine pictures, newspaper food advertisements, or family photos. 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 is 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 phone ringing. I hear your brother calling."

### Phone Time

When talking 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!

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. Always stay with baby during bath time.