

You and Your Baby

Playing and
Learning Together



Play and Sing with Your Baby



Your baby's first years are very important.
Your baby wants to learn.
You teach your baby when you play games and sing.
Your baby learns to talk by listening to you.

Cuddle your baby, and talk to your baby.

Call your baby by name.

**Touch your baby's nose, eyes, ears,
and toes as you say each word.**

**Play games to help your
baby learn about her body.**

Say: "Where is your nose?"

"Where are your eyes?"

"Where are your toes?"

**Play Peek-a-Boo
and Pat-a-Cake.**

**Sing *The Itsy-Bitsy Spider*
and *The Wheels on the Bus*.**





Read with Your Baby

Choose cardboard, cloth, or vinyl books that your baby can handle and chew.
Point to pictures of people and things.
Tell your baby what he is looking at. Say: *"See the bird."* *"See the big dog."*
Make up a story to go with the pictures.

Let Your Baby Touch and Taste

Your baby learns when you touch her.
Hold your baby close to you.
Gently touch your baby's face and body
when you play together.

Your baby needs things she can hold and drop.
Give your baby safe toys.
Most things your baby touches will go into her mouth.
Keep things that your baby might swallow in safe places.



Talk with Your Baby

Your baby learns from you. You teach your baby to talk when you tell him what you are doing.

When you talk to your baby, he learns to make sounds. When your baby coos and blows bubbles, he is learning to talk.

When your baby talks to you, make the sounds he makes. Wait, and then talk back.



**Remember, your baby learns best
when you hold, cuddle, and love her.**



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If you have questions about helping your baby learn, give us a call.

We know where to look for answers.