

# Communication

## Activities to Help Your Baby Grow and Learn



Your newborn is already a communicator. He frets and cries if he needs you, and he may gurgle and coo when he's calm. Even wiggles and squirms are part of his communication. Your baby communicates with his eyes as he looks for yours. He seems to be saying, "You are my most important person." Soon your baby will capture your heart with a real smile!

### Humming and Holding

Hold your baby close to the skin of your chest or neck. She loves the feel and smell of that wonderful body. As you walk or rock or simply rest, hum a little tune or lullaby. Baby will hear and feel your soft song.

### Squirmy Wiggles

Sometimes your baby will frown, squint his little eyes, and tighten up his little tummy. Ask about that as you hold him to your shoulder and gently stroke his body: "Is air in there? Do you need a little burp?"

### Happy Talk

When baby seems to be smiling, have a happy talk about it and smile right back: "Look at that smile!" Soon you'll know when your baby is really smiling at you! It's a magic time for both of you.

### "Ooo" to You

While baby is rested, relaxed, and looking at your face, softly say a long "oooooooo" sound. Watch how she reacts. When baby is a few weeks old, she may think your "ooooo" face is very interesting and try to make one, too. Soon baby will try to say "oooooooo" back. What a conversation!

### Calling, Calling You!

When you are out of sight and baby starts to cry, tell baby that you hear him and that help is on the way: "I hear you, little one, and I'm coming to you." Your baby will learn that your voice is like a promise and that your face will soon appear. How wonderful!

### Talking and Teaching

When your baby is awake and relaxed, take a walk around the room or step outside if the weather is nice. Tell her about the people and things in his world: "This is your window. This is your sofa. This is your sister. Look, this is your flower. These are just for you."

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.