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Talking and Reading to Your Baby

In this package you will find:

1. Overview of Talking and Reading to Your Baby
2. Greeting Song
   Baby Mine, Where are You?
3. Finger Plays/Rhymes/Bounces:
   This is the Mother
   The Wheels on the Bus
   Father and Mother and Uncle John
4. Activity for Session One:
   Photo Album Picture Book
5. Movement and Relaxation
   Peek-a-boo
   Massage Your Baby: Arms and Hands
6. Good-bye Song/Twinkle, Twinkle Little Star
7. Ten Talking and Reading Activities to Do with Your Baby
8. CPT Talking and Reading Checklist
Language and literacy are very precious gifts that adults can share with their baby. When we introduce babies to the world of spoken language and to words in books, they begin to understand how to share and learn information and communicate their needs. Here are ways to make talking and reading to your baby **Comfort, Play & Teach** time you will cherish together.

### Comfort

- Language helps babies to understand others, to communicate their needs and feelings, and to belong. Through language, a baby plays, problem-solves and interacts with other people. Adults can support these skills by responding and talking to their baby, and showing interest in what they are trying to communicate. Babies then learn to talk and listen too!

- Interactions between caring adults and babies are essential to language and literacy development. Throughout the day, there are many ways to encourage a baby’s love of language, such as reading a story, reciting a nursery rhyme, or talking about what you are cooking. A baby’s language skills grow through participating in activities and routines shared with grownups who love them.

### Play

- Many activities and experiences teach, encourage and reinforce language and literacy skills. These can include bath, board and cloth books, nursery rhymes, finger plays and songs. Play materials can include soft puppets, toy telephones, dolls, pull toys that “talk” and make sounds when moved. Your baby will make wonderful discoveries about letters and words with the right learning materials.

- A baby’s language development can be nurtured in many playful ways. Adults can echo a baby’s different vocalizations, such as cooing and babbling, or smile and clap and provide positive responses to a baby’s attempts at communicating. Talking to and showing your enjoyment of your baby’s company helps him to build a love of making sounds and shows how fun interacting with others can be.

### Teach

- Reading to a baby provides so many developmental benefits. When done on a regular basis, it can help an infant to develop language and listening skills and prepares her for recognizing written words and connecting those words to familiar objects, people and experiences. Make reading a part of different routines including bed time, play time and even bath time!

- Provide different kinds of books for babies to explore. Appropriate choices include accordion books that can be propped up, board books that can be handled easily and will survive being banged and mouthed, cloth and bath books that a baby can grasp and pick up. Some books have interesting textures for babies to touch and compare, and flaps that older babies will enjoy peeking under. Babies can learn that books are interesting to touch, look at and explore.
Words and Actions:

(Baby’s name), (baby’s name)  
(stand in front of baby)

Where are you?  
 (cover your eyes with your hands)

There you are, there you are!  
 (uncover your eyes, point and smile)

How do you do?  
 (give a gentle tickle if baby is comfortable with that, shake baby’s hand, or wave)

Developmental benefit to your baby

- **Language**: to become familiar with the words, sounds and rhythm patterns of a simple song
- **Intellectual**: to learn to recognize and respond to his/her own name
- **Social**: to enjoy interacting with another person when being sung to
- **Emotional**: to enjoy receiving individualized attention
- **Physical**: to experience the sensation of gentle touch

Singing a greeting song enables each baby to receive special attention and to feel like a welcome member of the group.

Singing provides babies with a joyful way to participate in activities and to interact with an adult in a playful way.

Songs that involve playing peek-a-boo help babies to understand that things have not disappeared, even if they can’t be completely seen.
Words and Actions:

This is the mother
This is the father
This is the brother tall
This is the sister
This is the baby
Oh how we love them all!

For each line of the rhyme, gently wiggle each of your baby’s fingers, beginning with the thumb. On the last line of the rhyme, kiss your baby’s hand or blow a kiss.

Developmental benefit to your baby

- **Language:** to become familiar with the words, sounds and rhythm patterns of a simple rhyme
- **Intellectual:** to be introduced to pretend play, with fingers representing people
- **Social:** to hear a rhyme that includes names of different family members
- **Emotional:** to enjoy special one-to-one attention and affectionate contact
- **Physical:** to experience gentle touch when having fingers wiggled

Composed by the Baby Lab
Created by experts through Invest In Kids and hosted by Phoenix Centre for Children & Families and IMHP

Visit [www.IMHPromotion.co](http://www.IMHPromotion.co) for more great activities and resources
The Wheels on the Bus

Words and Actions:

The wheels on the bus go round and round
Round and round, round and round
The wheels on the bus go round and round
All through the town.

Additional words/verses:

The wipers on the bus go swish, swish, swish…
The doors on the bus go open and shut…
The money on the bus goes clink, clink, clink…
The babies on the bus go “Wah, wah, wah…”
The mommies/daddies on the bus go “Shh, shh, shh…”

If you sing the song to your baby, demonstrate the actions for each of the verses. For example, roll your forearms around each other for the wheels going round and round. Wave your hands back and forth to imitate windshield wipers. If engaging your baby in doing the actions, gently hold baby’s hands and roll them around each other or help to wave them back and forth.

Developmental benefit to your baby

- **Language:** to become familiar with the words, sounds and rhythm patterns of a simple song
- **Intellectual:** to be introduced to pretend play, with hands representing the words
- **Social:** to enjoy interacting with another person when being sung to
- **Emotional:** to enjoy special one-to-one attention and affectionate contact
- **Physical:** to move hands and arms to music, with assistance

Babies will love the special attention they are receiving as a grown up helps them to do the actions or simply sings the song to them.

Whether babies participate in doing the actions or watch a grown up perform them, they will enjoy the facial expressions, actions and silly sounds.

This action rhyme will introduce babies to a variety of new words and allow them to compare different sound effects.
Words and Actions:

Father and Mother and Uncle John
Went to town, one by one
Father fell off…
And Mother fell off…
But Uncle John went on and on and on and on…

How to do this Activity:

- Seat baby on your lap, holding him facing you or toward group and bounce to the beat.
- On the third line, carefully lean baby to one side.
- On the fourth line, carefully lean baby to the other side.
- On the last line, bounce baby on knee repeatedly.

Developmental benefit to your baby

- **Language:** to become familiar with the words, sounds and rhythm patterns of a simple rhyme
- **Intellectual:** to compare the difference between a slow and fast tempo
- **Social:** to enjoy interacting with another person when being sung to
- **Emotional:** to enjoy special one-to-one attention and affectionate contact
- **Physical:** to enjoy feeling body move to the beat

Your baby will enjoy the close physical contact that is part of this playful knee bounce. She will feel safe knowing you are holding her securely as you play together.

Using your voice expressively when reciting this rhyme will build a baby’s interest in the sounds of the words. For example, say he words “fell off” in a drawn out way and the words “on and on and on” very quickly, with a high voice.

This bouncing rhyme introduces the names of different family members and also allows babies to compare fast and slow movements.
What You Will Need:

- A small vinyl photo album, with pockets for photos
- Scotch tape
- Family photos or pictures cut from magazines
- Small index cards (if using magazine pictures)
- Glue stick (if using magazine pictures)

How to do This Activity:

- Place photos into the pockets in the album and seal the tops of each page with scotch tape.
- If using magazine pictures, glue these onto index cards and place the cards into the pockets in the photo album. If you like, print a single word onto the index card that describes the picture (e.g. ‘ball’, ‘cup’, ‘dog’, ‘shoe’ etc.).
- Open the photo album and show each photo to your baby, pointing to the picture and talking about what you see.
- Encourage your baby to grasp and hold the album, to attempt manipulating the pages. If your baby points to a picture, describe it. Your baby will enjoy hearing your voice and learn many new words.

Developmental benefit to your baby

- **Language:** to hear stories about family members and learn new words
- **Intellectual:** to recognize different faces and begin to identify family members
- **Social:** to interact with another person when being read to
- **Emotional:** to enjoy receiving an adult's attention
- **Physical:** to strengthen the small muscles in the fingers and hands
**You Will Need:**

No materials are required, but you can use a paper plate, scarf or small toy to hide behind, if available.

**How to do This Activity:**

- Sit facing your baby. Cover your face with your hands. Ask, “Where’s Mommy/Daddy?”
- Uncover your face, smile and say, “Peek-a-boo!”
- You can also hide behind something such as a scarf and emerge from behind it when you say “peek-a-boo”.
- Adjust your position so that you are moving from one side of your baby to the other, so your baby will try to turn his head to locate your position.

**Developmental benefit to your baby**

- **Language:** to learn new words and enjoy them when they’re used in a game
- **Intellectual:** to discover that objects do not disappear even if they can’t be seen
- **Social:** to enjoy interacting with a grown-up while playing a game
- **Emotional:** to receive attention that builds a bond with an important person
- **Physical:** to practice moving the head and focusing attention with the eyes

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**Comfort**

Your baby will love the special attention that she is receiving from you. Tell your baby you love her or give her a kiss each time you show your face!

**Play**

Playing games can encourage your baby to laugh and smile. Make a silly face every time you say “peek-a-boo” and see how your baby reacts!

**Teach**

Games like peek-a-boo help babies to learn about object permanence. By hiding and re-appearing you show your baby that things that cannot be seen are not gone forever.
You Will Need:

- A warm room
- Sufficient time
- A quiet atmosphere with few distractions
- A soft, thick towel

How To Do This Activity

- Fold a towel to create a thick mat for your baby to lie on, and place this on the floor.
- Lay your baby on her back, with her feet closest to you. Make sure you are comfortable, whether you kneel, sit with legs crossed or have your legs stretched out on either side of your baby.
- Using your fingers and palms, and long, gliding strokes, massage each of your baby’s arms and hands.
- You can also massage the arms by grasping in a circle with your forefinger and thumb and using a gentle “wringing” action as you move from the upper arm toward the wrist.
- Using one hand, support your baby’s hand at the wrist and stroke your baby’s palm with the thumb on your other hand.
- Holding your baby’s wrist with one hand, gently pull each of your baby’s fingers starting at the base and moving toward the tip.
- If your baby is unaccustomed to being massaged, allow time for him to become comfortable with it. Over time, massage could become part of a regular routine of spending enjoyable and relaxing time together. Pay attention to his cues and signals, and discontinue if your baby communicates discomfort.

Developmental benefit to your baby

- **Language:** to begin to participate in action songs, singing games and poems
- **Intellectual:** to learn to identify some body parts and how they function
- **Social:** to begin to join in small group games and activities
- **Emotional:** to show willingness to explore and to try new things
- **Physical:** to experience body awareness during movement activities

**Comfort**

Being touched gently and spoken to in a loving manner makes a baby feel loved and valued and builds his self-esteem.

**Play**

Smile at your baby, make eye-contact and imitate her vocalizations. This is an enjoyable way to interact with your baby and shows you enjoy her company.

**Teach**

Talk to your baby and tell him about his body, naming each part as you gently massage it (e.g., “I’m going to massage your little toes now”).

Visit [www.IMHPromotion.co](http://www.IMHPromotion.co) for more great activities and resources.

Created by experts through Invest In Kids and hosted by Phoenix Centre for Children & Families and IMHP.
Goodbye Song

Good-Bye, Baby /
Twinkle, Twinkle Little Star

Words and Actions:

*Good-bye, ________*
   (Insert an individual’s name and wave to that person)

*Good-bye, ________*
   (Insert the next person’s name, and wave)

*Good-bye, ________*
   (Insert the next person’s name, and wave)

*We’ll see you all next week*

Repeat the song until you have said good-bye to each participant.

Conclude by singing Twinkle, Twinkle Little Star together (or any other simple and familiar lullaby), to bring the session to a quiet close.

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Developmental benefit to your baby

- **Language**: to respond to their own name
- **Intellectual**: to engage in word play and action songs
- **Social**: to begin to develop respectful and polite communication skills
- **Emotional**: to learn to participate actively in learning tasks
- **Physical**: to develop and strengthen fine motor skills

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Singing a gentle and quiet song is an enjoyable way for your baby to relax and spend time snuggling with an adult who loves him.

Simple songs can become part of any daily routine, like bathing, diapering and sleep time, making these fun times for bonding and playing together.

As babies listen to familiar songs they learn new words and begin to recognize the melody. Try to la-la the song or hum it and see how your baby reacts.
1 **Look at books together** like *Baby Faces* by Margaret Miller or *Black on White* by Tana Hoban. Books like these have vivid pictures that are of interest to babies and are clear and easy to see. Also, board books are made for babies for handle the pages easily, to bang them, and can be wiped clean if they are mouthed.

2 **Use “baby talk” when you talk to your baby.** Speak in a high pitched tone and really exaggerate vowels in the words that you say. Doing this will build your baby’s interest in the sounds of spoken words and help her to pay attention when you are speaking and interacting with her.

3 **Do finger play and toe plays** with your baby like *This Little Piggy*. She will love hearing the rhythm and music of language as you recite it, and will enjoy the physical contact as you gently tickle him. Repeating this rhyme during routines like bath time and diapering provides an opportunity to bond with your baby.

4 **Look at board books and sing lullabies** as part of your baby’s bed time routine. This is very comforting and will help your baby to develop a love of stories and songs as he associates being read and sung to with being loved. Let bed time be an opportunity to cuddle with your child and connect with him.

5 **Talk to your baby during daily routines** such as diapering, feeding and bathing. Describe what you are doing (e.g. “I am spooning sweet green peas into your bowl”) or ask your baby questions and then provide responses (e.g. “Where are your little toes? I’m going to wash them now!”). Your baby will feel like she is participating in a conversation and develop language skills as she listens to you.

6 **Provide learning materials for your baby that encourage language development.** Use soft puppets as you play with and talk to your baby. Older infants can explore toy telephones and begin to use dolls for pretend play. Playing with words each day teaches babies the importance of language.

7 **Label things in the environment when your baby points.** This tells your baby that you are paying attention to what he is trying to communicate to you as you provide words for what interests him. Also ask your baby to show you where his shoe is or to point to his bottle so you can see what words he understands.

8 **Role model reading and writing for your baby.** Read the mail to your baby or tell her what whose name you are searching for in a phone book. Write out shopping lists and read them to your baby. This will help your baby to grow up knowing the importance of being able to read and write.

9 **Enjoy little excursions together** to the park, the grocery store, to the library. Talk to your baby about all that she is seeing and about your own reactions to it. This helps her to connect language to each of her different experiences.

10 **Smile back at your baby and imitate the sounds that he makes** when your baby tries to communicate with you, by smiling or cooing. This will show him you want to interact with him and encourage him to keep “talking” to you!
My baby and I look at small photo albums together and I point to pictures of different family members and talk about the people who love her.

I talk to my baby about the things I am doing, such as washing dishes or preparing a meal so he learns new words as he receives my attention.

My baby and I enjoy finger and toe plays such as This Little Piggy at bath time or when it is time to change her diaper.

I imitate my baby's vocalizations, repeating sounds he makes and conversing with him as we take turns making sounds.

I include bath puppets and plastic books at bath time that let me share fun language experiences with my baby.

My baby and I enjoy listening to recordings of children’s music that include nursery rhymes, fingerplays and lullabies.

I join in my baby’s play, making up stories using puppets and dolls, and role modeling how I can use words and create different sound effects.

My baby has cause and effect toys that let him hear words and alphabet letters when he touches a button or pulls a string (e.g., a toy telephone).

My baby and I enjoy outings together, to parks, shops, libraries and I talk to him about the different experiences we share together.

I tell my baby the name of things in her environment, such as toys or bath items, so she’ll recognize words even if she can’t say them yet.

My baby and I participate in community programs (e.g. at the library or family resource centres) where we can learn new songs and rhymes.

I provide cloth and board books that my baby can grasp and explore easily so he can begin to understand how to use books.
Music with Your Baby

In this package you will find:

1. Overview of Music with Your Baby
2. Greeting Song
   Baby Mine, Where are You?
3. Finger Plays/Tickles/Bounces:
   These are Baby's Fingers
   Rolly Polly
   Ride a Horse
4. Activity for Session Two:
   Making Shakers
5. Movement and Relaxation
   Roll the Ball
   Massage Your Baby – Chest and Tummy
6. Good-bye Song/Lullaby
7. 10 Music Activities to Do with Your Baby
8. CPT Music Checklist
Music supports a baby’s development in joyful and beautiful ways. Dancing with and being sung to by a grown up, listening to music and making sounds with household items are all wonderful Comfort, Play & Teach experiences. Parents can easily enrich their baby’s life and provide a foundation for a lifelong love of music without being trained musicians themselves.

**Comfort**

- Music can communicate many different emotions, like joy, sadness, excitement and love. Musical experiences immerse babies in a range of feelings and allow them to express their own. Play background music while you relax with your baby, or sing a lullaby at bed time. Repeat songs, finger plays and rhymes that make your baby laugh and smile, and help you bond with him through play.
- Finger plays, tickles, knee bounces and nursery rhymes are all wonderful way to enjoy playful interactions with your baby. He will love hearing the sound of your voice, being gently touched and receiving your attention. Music experiences can provide parents with any enjoyable way to communicate and bond with their baby and can take place during daily routines like diapering, feeding and bathing.

**Play**

- You can play your favourite music and dance with your baby. You can salsa or waltz, limbo or line dance... add some scarves and pretend to be a belly dancer to make your baby laugh and smile! Hold your baby in your arms as you dance, or hold her hands and encourage her to bounce and respond to the different styles of music you play. She will discover how to express herself through movement.
- Nursery rhymes have wonderful rhythm patterns that encourage babies to hear the musical qualities of language. Parents can add actions, movement, and drama to language experiences they share with their babies. This can support how their baby learns in different ways and introduce them to dramatic play experiences.

**Teach**

- Very simple musical instruments can be created from household things. Two paper towel rolls can be easily tapped together. A plastic bottle can be filled with a little water or rice to become a shaker. An ice cream container and two short handled wooden spoons can beat out lively tunes! You can play these instruments for you baby or encourage her to discover sounds on her own.
- Babies can be introduced to musical concepts through the simplest activities. They can feel the beat when they are bounced on your lap and as they listen to nursery rhymes they can hear the rhythm of the words. Sing to your baby using a high or low voice, or a loud or soft one. Introduce your baby to different sounds (e.g., make animal sounds, or tap a pot with a wooden spoon).
Words and Actions:

(Baby’s name), (baby’s name)
(stand in front of baby)

Where are you?
(covers your eyes with your hands)

There you are, there you are!
(uncover your eyes, point and smile)

How do you do?
(give a gentle tickle if baby is comfortable with that, shake baby’s hand, or wave)

Developmental benefit to your baby

- **Language**: to become familiar with the words, sounds and rhythm patterns of a simple song
- **Intellectual**: to learn to recognize and respond to his/her own name
- **Social**: to enjoy interacting with another person when being sung to
- **Emotional**: to enjoy receiving individualized attention
- **Physical**: to experience the sensation of gentle touch
Words and Actions:

These are baby’s fingers,
(gently grasp or point to baby’s fingers)

These are baby’s toes,
(gently grasp or point to baby’s toes)

This is baby’s belly button…
(gently draw circles on baby’s tummy with your finger)

Round and round it goes!

Developmental benefit to your baby

- **Language**: to enjoy the rhythm of spoken words and hear words that rhyme
- **Intellectual**: to begin to learn the names of different body parts
- **Social**: to interact with an adult in a playful and engaging way
- **Emotional**: to receive attention and affection that promotes bonding
- **Physical**: to experience the sensation of gentle touch
(sung to the tune of Frère Jacques)

**Words and Actions:**

**Rolly polly, rolly polly**  
(gently grasp baby’s arms, rolling them around each other)  
**Up, up, up! Up, up, up!**  
(roll the arms upward)

**Rolly, rolly polly! Rolly rolly polly!**  
(continue rolling baby’s arms around each other)  
**Down, down, down! Down, down, down.**  
(roll the arms downward)  

**Rolly polly, rolly polly**  
(gently grasp baby’s arms, rolling them around each other)  
**In, in, in! In, in, in!**  
(gently clap baby’s hands together)

**Rolly, rolly polly! Rolly rolly polly!**  
(continue rolling baby’s arms around each other)  
**Out, out, out! Out, out, out!**  
(gently pull baby’s hands apart from each other)

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**Developmental benefit to your baby**

- **Language:** to hear the musical quality of language
- **Intellectual:** to explore the concepts of up, down, in and out through movement
- **Social:** to enjoy interacting and playing with another person
- **Emotional:** to bond with a caregiver through sharing quality time together
- **Physical:** to move arms and hands in creative ways

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**Comfort**

Engaging your baby in simple songs and rhymes lets her know that you enjoy spending quality time with her.

**Play**

Use your voice in interesting ways when singing the song. For example, sing using a high voice and then a low one to engage your baby’s interest in the words.

**Teach**

This simple action song will introduce your baby to different positions, like up, down, in and out and allow him to explore these using his body.
Words and Actions:

Ride a horse
To Banbury Cross
To see a fine lady
Upon a white horse
Rings on her fingers
And bells on her toes
So she makes music
Wherever she goes

Seat your child on your lap or knee and bounce him to the beat as you recite the words.

Developmental benefit to your baby

- **Language**: to enjoy the sounds and rhythms of language of nursery rhymes
- **Intellectual**: to be introduced to using imagination creatively
- **Social**: to participate in an activity with another person
- **Emotional**: to begin to express feelings through music and movement
- **Physical**: to respond to the beat in music through movements like bouncing

Comfort

Your baby will enjoy being cuddled and bounced as she listens to you recite a familiar nursery rhyme.

Play

Do this activity different ways to add to the fun! Try bouncing your baby slowly, and then a bit more quickly. Say the words using a low voice, then a high one.

Teach

Listening to nursery rhymes gives your baby a chance to hear the rhythm and music of language and to begin noticing words that rhyme.
Activity
Making Shakers

What You Will Need:
- Small or large plastic soda bottles, with their lids
- Dried beans, small jingle bells, rice, salt, water
- Hot glue gun (for adult use only)

How to do This Activity:
- Place a few spoonfuls of beans (or your choice of sound maker) inside a small or large plastic bottle.
- Glue the lid on so that the contents do not come out.
- Babies who are not crawling or sitting yet can kick at the larger bottle (from a laying down position) to make a sound. Those who are sitting and able to grasp objects can pick up smaller bottles to shake.
- Fill several small bottles with different sound makers so babies can compare a variety of sounds.

Tell your baby how proud you feel when she kicks or grasps the shaker to make a sound. This shows her you notice her and care about her interests.

Sing songs to your baby like Twinkle, Twinkle Little Star or Old MacDonald. Keep the beat using a shaker and encourage your baby to make musical sounds, too!

Talk about what is inside each bottle and describe the sounds they make. This will help to build your baby’s language skills.

Developmental benefit to your baby
- **Language:** to learn new words for objects that make sounds (e.g., rice, water)
- **Intellectual:** to compare different sounds and their qualities (e.g., loud/soft)
- **Social:** to enjoy interacting with another person through play
- **Emotional:** to feel successful when causing something to happen
- **Physical:** to practice different skills like kicking and grasping
What You Will Need:
An inflatable beach ball or other big ball

How to do This Activity:

- Sit on the floor, facing your baby. Ensure that your baby is supported properly with cushions, if needed. Sit with your legs apart and your feet touching your baby’s feet.

- Smile at your baby and tell him you are going to roll the ball to him.

- Roll the ball toward your baby and then encourage him to roll it back to you.

- You and your baby can practice rolling the ball back and forth between your legs.

Developmental benefit to your baby

- **Language:** to hear and learn new words like *ball, roll, back and forth*
- **Intellectual:** to learn that he can make round objects move by rolling them
- **Social:** to be introduced to games where she can practice taking turns
- **Emotional:** to develop confidence as he learns to roll a ball to someone
- **Physical:** to strengthen skills like sitting, reaching, catching and rolling

Let your baby know how well she is able to catch and roll the ball. Smiles and words of praise will encourage her to keep playing the game with you.

Try different things with the ball as your baby’s skills increase. See if he can chase and retrieve a rolled ball, or try to catch and throw a ball. He will enjoy learning new ideas.

Enjoying this simple game will help your baby to learn about turn-taking as she practices using the physical skills involved in stopping a moving ball and rolling it away from her.
What You Will Need:
- A warm room
- Sufficient time
- A quiet atmosphere with few distractions
- A soft towel

How to do This Activity:
- Fold a towel to create a thick mat for your baby to lie on, and place this on the floor.
- Lay your baby on her back, with her feet closest to you. Make sure you are comfortable, whether you kneel, sit with legs crossed or have your legs stretched out on either side of your baby.
- Using the index and middle fingers on both hands, massage both sides of your baby’s chest moving your fingers in a circular motion. Increase and decrease the size of the circles you make.
- To massage your baby’s tummy, place the fingers and palms of one hand horizontally just below the chest. Alternating your hands, move them in downward strokes across your baby’s tummy.
- You can also use the index and middle finger of one hand to make circles around your baby’s belly button and abdomen.
- If your baby is unaccustomed to being massaged, allow time for him to become comfortable with it. Over time, massage could become part of a regular routine of spending enjoyable and relaxing time together. Pay attention to his cues and signals, and discontinue if your baby communicates discomfort.

Developmental benefit to your baby
- **Language:** to enjoy being spoken to and learning new words
- **Intellectual:** to be introduced to the names of different body parts
- **Social:** to communicate needs to others in non-verbal ways
- **Emotional:** to develop intimacy with a parent and receive their full attention
- **Physical:** to experience self-awareness, muscle tone, joint flexibility

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**Comfort**

Being touched gently and spoken to in a loving manner makes a baby feel loved and valued and builds his self-esteem.

**Play**

Smile at your baby, make eye-contact and imitate her vocalizations. This is an enjoyable way to interact with your baby and shows you enjoy her company.

**Teach**

Talk to your baby and tell him about his body, naming each part as you gently massage it (e.g., “I’m going to massage your little toes now”).
Words and Actions:

Good-bye, ________
(Insert an individual’s name and wave to that person)

Good-bye, ________
(Insert the next person’s name, and wave)

Good-bye, ________
(Insert the next person’s name, and wave)

We’ll see you all next week

Repeat the song until you have said good-bye to each participant.

Conclude by singing Twinkle, Twinkle Little Star together (or any other simple and familiar lullaby), to bring the session to a quiet close.

Developmental benefit to your baby

- **Language**: to respond to their own name
- **Intellectual**: to engage in word play and action songs
- **Social**: to begin to develop respectful and polite communication skills
- **Emotional**: to learn to participate actively in learning tasks
- **Physical**: to develop and strengthen fine motor skills

Singing a gentle and quiet song is an enjoyable way for your baby to relax and spend time snuggling with an adult who loves him.

Simple songs can become part of any daily routine, like bathing, diapering and sleep time, making these fun times for bonding and playing together.

As babies listen to familiar songs they learn new words and begin to recognize the melody. Try to la-la the song or hum it and see how your baby reacts.
10 Music Activities to Do with Your Baby

1. Read books including nursery rhymes that you can recite, sing and chant to your baby. *Tomie’s Little Mother Goose* by Tomie dePauleo has a variety of familiar rhymes to share with your baby. The rhythmic language of the text will develop your baby’s interest in the sounds of words.

2. Listen to different styles of music at home, including classical, rock, choral, baroque, country, jazz, opera, folk, and music from different countries and cultures. This will give your baby an opportunity to discover the wide variety of sounds and languages of music and eventually to develop her own tastes and listening preferences.

3. Make musical instruments from recyclable materials that are readily available around the house. An ice cream container and two wooden spoons make a fine drum. A plastic bottle with either water or rice in it is a simple shaker. Two paper towel rolls can be tapped together too! Your baby can explore and create different sounds.

4. Do finger plays like *This Little Piggy* or clapping games like *Peas Porridge Hot* with your baby. In addition to being an enjoyable way to play with and interact with your baby, they encourage the use of his imagination, as you role play rhymes with actions, and language in interesting and unexpected ways.

5. Explore different ways of moving when you and your baby listen to music. You can hold your baby and dance, sway, bounce, walk or turn. Demonstrate different ways of moving for your baby to observe or to imitate. Wiggle your fingers, clap your hands, pat your knees or stamp your feet. Discover how music makes you move!

6. Attend concerts if possible. Often libraries, universities and churches provide opportunities to listen to live music for free. Your baby will have the chance to see a musician perform and have the experience of listening to different instruments being played and hearing different styles of music.

7. Visit a music store and explore the different kinds of instruments there are including flutes, clarinets, trumpets, violins, pianos, drums and saxophones. Point out the names of the instruments and describe them. What colour are they? Are they shiny? Are they small or large? Your baby will begin to learn many new words.

8. Play with the way you say nursery rhymes together. For example, if you use the rhyme *One, Two Buckle My Shoe*, say one line fast and one line slow. Try one line high and one line low. Do one line loudly and the next softly. These are simple ways to introduce music concepts like tempo, pitch and volume.

9. Go for listening walks and pay attention to the sounds around you. Can you hear birds chirping or leaves crunching beneath your feet? Are there, crickets chirping or dogs barking? Point out and name all the different sounds your baby is noticing.

10. Think of ways to sing songs throughout the day. *Old MacDonald* and *Bingo* are fun songs to sing while walking or driving and are an enjoyable way to interact. Familiar songs like *Twinkle, Twinkle Little Star* can be sung while changing a diaper or playing together. Lullabies can be part of a comforting bedtime routine.
Music Activities Checklist

**Comfort**

- I sing lullabies to my baby as a regular part of his sleep time routine, in addition to telling him simple stories to show how much I love him.
- My baby and I spend time doing finger plays and sharing nursery rhymes. It gives us a chance to bond with each other.
- I look into my baby’s eyes and imitate her vocalizations. This lets her know that I am interested in the sounds she makes and like to make them too.
- My baby and I like to relax quietly as we enjoy listening to recordings of our favourite music.

**Play**

- I dance with my baby, holding her in my arms, or holding her hands and encouraging her to move and bounce to the music.
- My baby has a variety of toys that make sounds, such as rattles and squeaky toys. He can create his own music as he plays with them.
- I play clapping games with my baby like *Pease Porridge Hot* and *Patty Cake*. She loves to hear the silly sounds of the words as we play together!
- My baby and I make our own music using simple items from around the house (e.g., pots to tap on, paper towel rolls to hit together).

**Teach**

- My baby and I go for walks and I talk to him about different sounds he notices such as birds singing, car horns or leaves rustling.
- I sing songs that include different animal sounds, like Old MacDonald. This introduces my baby to words for farm animals and the sounds they make.
- My baby and I listen to different styles of music and I tell him about what he is hearing and which instruments are playing.
- I play games with my baby like *Head and Shoulders* so she can learn her body parts and how they move.
Sensory Activities with Your Baby

In this package you will find:

1. Overview of Sensory Activities with Your Baby
2. Greeting Song
   Baby Mine, Where are You?
3. Finger Plays/Tickles/Bounces:
   A Little Flea Went Walking
   Itsy Bitsy Spider
   The Bee Went Into the Barn
4. Activity for Session Three:
   Precious Prints
5. Movement and Relaxation
   Row, Row, Row Your Boat
   Massage Your Baby – Legs and Feet
6. Good-bye Song/Lullaby
7. Ten Sensory Activities to Do with Your Baby
8. CPT Sensory Activities Checklist
The world is an interesting place that babies can explore using their different senses, whether listening to music, exploring textures, smelling a flower, tasting a new fruit purée or looking at your face. Providing opportunities for a baby to learn using her eyes, ears, nose, mouth and skin helps her to understand how her body works and what her senses can tell her about the world. Here are some Comfort, Play & Teach ideas to try!

**Comfort**

- Make special time and create a quiet place for massaging your baby. Gently stroke different parts of his body including arms and hands, legs and feet, head and face, back, chest and tummy. Taking the time to enjoy such gentle contact helps your baby to communicate his needs and preferences, and lets you enjoy using touch to bond and connect with your baby.

- Play different styles of music and enjoy dancing around with your baby. Explore classical, folk, reggae, baroque, country and western, marching band, ragtime, opera… there is so much to choose from. Listening to music with your baby is a fun way to develop her listening skills and is a wonderful opportunity to cuddle and enjoy each other’s company!

**Play**

- Play action games where your baby is able to see his own reflection in a mirror. You can sing songs like *Head and Shoulders* and touch the different body parts as you name them. Your baby will learn a lot about his own body not just through looking, but also as he listens to the words that you say, and as he uses his sense of touch.

- Try dipping cotton balls into different flavourings and scents such as vanilla, peppermint, citrus, vinegar or almond extract. Hold the cotton ball near your baby’s nose and see how she reacts to each distinctive aroma. Are the smells pleasant not so enjoyable? Allow your baby to watch as you prepare the cotton balls and talk about each different smell so she uses her eyes and ears as well!

**Teach**

- When walking outside with your baby, point out different sounds that you can hear. Is there a dog barking, a car engine starting, or the sound of leaves rustling? Talking about different sounds will help your baby to pay attention to the different noises he can hear in the environment and also teach him new words.

- Provide different kinds of books for your baby to explore. Select board books that have vivid black and white pictures or illustrations in strong primary colours. These are clear and will be the easiest for a baby to focus on. Some books have interesting textures for babies to touch and compare, and flaps that older babies will enjoy peeking under. Babies can learn that books are interesting to touch, look at and explore.
Words and Actions:

(Baby’s name), (baby’s name)

(stand in front of baby)

Where are you?

(covers your eyes with your hands)

There you are, there you are!

(uncover your eyes, point and smile)

How do you do?

(give a gentle tickle if baby is comfortable with that, shake baby’s hand, or wave)

Developmental benefit to your baby

- **Language**: to become familiar with the words, sounds and rhythm patterns of a simple song
- **Intellectual**: to learn to recognize and respond to his/her own name
- **Social**: to enjoy interacting with another person when being sung to
- **Emotional**: to enjoy receiving individualized attention
- **Physical**: to experience the sensation of gentle touch
A Little Flea Went Walking

Words and Actions:

A little flea went walking

To see what he could see

And all that he could see

Was baby’s little tummy!

Walk two fingers along baby’s body starting with a foot, or a hand, or the head. On the last line, stop on your baby’s tummy or another body part. Name that body part and give it a tickle!

Developmental benefit to your baby

- **Language**: to enjoy the rhythmic quality of spoken words
- **Intellectual**: to be introduced to the names of different body parts
- **Social**: to engage in a playful activity with another person
- **Emotional**: to receive affection while sharing in an activity with a familiar adult
- **Physical**: to experience the sensation of having different body parts tickled
**Words and Actions:**

*The itsy bitsy spider went up the water spout*

(walk fingers along your baby’s body, starting at the toes)

*Down came the rain and washed the spider out*

(walk fingers back down your baby’s body)

*Up came the sun and dried up all the rain*

(raise your hands and wiggle your fingers)

*And the itsy bitsy spider went up the spout again.*

(repeat walking fingers along your baby’s body, starting at the toes)

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**Developmental benefit to your baby**

- **Language:** to hear the musical quality of language and hear words to a song
- **Intellectual:** to learn about the concepts of up and down through actions
- **Social:** to engage in a playful activity with another person
- **Emotional:** to enjoy receiving affectionate one-to-one attention
- **Physical:** to experience the sensation of being tickled

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**Comfort**

Look in your baby's eyes as you sing and engage him in the activity. He will love feeling the full quality of your attention as you play together.

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**Play**

Pretending that your fingers are spiders will introduce your baby to the experience of imaginative play.

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**Teach**

Singing songs that include position words like up and down and demonstrating these concepts with actions will help to build your baby's understanding.
Bounce

The Bee Went into the Barn

What You Will Need:

*The bee went into the barn*

(seat baby on your lap, either facing you or facing away, and bounce her to the beat)

*With bagpipes under his arm*

*And he said “Bzzzzzzzzzz”*

(give a tickle under your baby’s arm, or on other body parts when you ‘buzz’)

**Comfort**

Taking time to do tickles and bounces with your baby shows her that you enjoy her company and like to see her smile!

**Play**

Making silly sounds is an enjoyable way to engage your baby’s participation in a playful activity. Buzz using a high voice and a low voice for variety!

**Teach**

Substitute different animals and sounds when you recite this rhyme to introduce your baby to a wider variety of words.

**Developmental benefit to your baby**

- **Language**: to begin to pay attention to the sounds of specific alphabet letters
- **Intellectual**: to be introduced to animal sounds
- **Social**: to enjoy interacting with another person
- **Emotional**: to express and feel joy through a musical experience
- **Physical**: to feel the beat of a rhyme through physical movement
**Activity**

**Precious Prints**

**What You Will Need:**
- a plastic dish
- finger paint
- paper
- a bib or smock to protect your baby’s clothing
- a cloth for clean up

**How to do This Activity:**

- Ensure that your baby is seated comfortably in a high chair or at a small table (if able to sit independently). Put a smock or bib on your baby to protect his clothes.
- Pour some paint into a dish and dip your baby’s hand in the paint. Older infants can be encouraged to smear paint on a tray with one or both hands.
- Press baby’s hand onto a piece of paper, to make a hand print, or press a piece of paper onto the design baby created, in order to create a print of his art work.
- Hand prints or prints of his designs can be easily framed with a piece of construction paper and then displayed.

**Developmental benefit to your baby**

- **Language:** to begin to hear new words like paint, paper, names of colours
- **Intellectual:** to explore the texture of paint using the sense of touch
- **Social:** to accept someone’s help while participating in a creative art activity
- **Emotional:** to feel pride in capabilities when learning a new skill
- **Physical:** to learn to use hands to explore materials and create images
**Words and Actions:**

*Row, row, row your boat*
*Gently down the stream*
*Merrily, merrily, merrily, merrily*
*Life is but a dream.*

Sit on the floor with legs apart, and baby seated between your legs, leaning against your body and facing away from you. Grasp baby's arms, or hold him around the waist and gently “row” together, leaning front and back. Repeat this action for each line of the song.

**Developmental benefit to your baby**

- **Language:** to become familiar with the words to a song
- **Intellectual:** to be introduced to imaginative play by pretending to be/row a boat
- **Social:** to learn to co-operate with another person while doing an activity
- **Emotional:** to enjoy gentle physical contact while interacting with another
- **Physical:** to explore different ways his body can move
What you will need:
- A warm room
- Sufficient time
- A quiet atmosphere with few distractions
- A soft towel

How to do This Activity:
- Fold a towel to create a thick mat for your baby to lie on, and place this on the floor.
- Lay your baby on her back, with her feet closest to you. Make sure you are comfortable, whether you kneel, sit with legs crossed or have your legs stretched out on either side of your baby.
- Using your fingers and palms, and long, gliding strokes, massage the upper and lower parts of baby’s legs. Hold your baby’s ankle with one hand, massaging the leg with the other.
- Baby’s feet can be massaged by grasping the ankle with one hand and gently squeezing the foot between thumb and forefinger (thumb on the bottom of the foot and forefinger on the top). Make a circular movement on the soles and edges of the feet with your thumb as you work your way down the foot from toes to heel.
- Holding baby’s ankle with one hand, gently squeeze and pull each of baby’s toes with the thumb and forefinger of the other hand.
- If your baby is unaccustomed to being massaged, allow time for him to become comfortable with it. Over time, massage could become part of a regular routine of spending enjoyable and relaxing time together. Pay attention to his cues and signals, and discontinue if your baby communicates discomfort.

Developmental benefit to your baby
- **Language:** to enjoy being spoken to and learning new words
- **Intellectual:** to be introduced to the names of different body parts
- **Social:** to communicate needs to others in non-verbal ways
- **Emotional:** to develop intimacy with a parent and receive their full attention
- **Physical:** to experience self-awareness, muscle tone, joint flexibility
Words and Actions:

Good-bye, ________

(Insert an individual’s name and wave to that person)

Good-bye, ________

(Insert the next person’s name, and wave)

Good-bye, ________

(Insert the next person’s name, and wave)

We’ll see you all next week

Repeat the song until you have said good-bye to each participant.

Conclude by singing Twinkle, Twinkle Little Star together (or any other simple and familiar lullaby), to bring the session to a quiet close.

Developmental benefit to your baby

- **Language**: to respond to their own name
- **Intellectual**: to engage in word play and action songs
- **Social**: to begin to develop respectful and polite communication skills
- **Emotional**: to learn to participate actively in learning tasks
- **Physical**: to develop and strengthen fine motor skills

Singing a gentle and quiet song is an enjoyable way for your baby to relax and spend time snuggling with an adult who loves him.

Simple songs can become part of any daily routine, like bathing, diapering and sleep time, making these fun times for bonding and playing together.

As babies listen to familiar songs they learn new words and begin to recognize the melody. Try to la-la the song or hum it and see how your baby reacts.
10 Sensory Activities to Do with Your Baby

1. **Select board books that have vivid black and white pictures** or illustrations in strong primary colours. These are clear and will be the easiest for a baby to focus on. Some good titles include *Look, Look!* by Peter Linenthal and *I Love Colors* by Margaret Miller.

2. **Play different styles of music and enjoy dancing around with your baby.** You can listen to classical, folk, reggae, baroque, country and western, marching band, ragtime, opera... the list of possibilities is endless. Listening to music with your baby is a fun way to develop her listening skills!

3. **Allow your baby to explore different textures and flavours** and discover her own food preferences. As your baby reaches the appropriate age for eating different kinds of solid foods, introduce her to each of the food groups, including fruits like apple sauce, cereals like rice, puréed meats or mild cheese.

4. **Try massaging your baby,** gently stroking different parts of his body including arms and hands, legs and feet, head and face, back, chest and tummy. This will help your baby to communicate with you his needs and preferences, as you enjoy using touch to bond with your baby.

5. **Dip cotton balls into different flavourings and scents** such as vanilla, peppermint, citrus, vinegar or almond extract. Each of these has a very distinctive aroma. Hold the cotton ball near your baby’s nose and see how she reacts. Is it a pleasant smell or one that is not so enjoyable?

6. **Enjoy games where your baby can see his own reflection in a mirror.** Sing songs like *Head and Shoulders* and touch each different body part. Your baby will learn a lot about his own body not just through looking, but also through listening and through his sense of touch.

7. **Point out different sounds that you can hear** when walking outside with your baby. Is there a bird chirping, a car horn sounding, or the sound of the wind in the leaves? Talking about different sounds will help your baby to pay attention to what your baby can hear in the environment and also teach him new words.

8. **Encourage your baby to touch different textures.** Create a collection of fabric and paper scraps and brush your baby’s hands across these. Describe the textures using words like smooth, rough, bumpy, or soft. Your baby will begin to make comparisons using her sense of touch.

9. **Visit a flower shop, green house or botanical garden** and enjoy the smells there as well as the colours. You can talk about the different kinds of flowers – their names, their colour. Give your baby the opportunity to enjoy the scent of a few different kinds of flowers!

10. **Play peek-a-boo games with your baby.** You can hide behind your hands and then reappear, or partially hide a toy under a cloth and encourage your baby to find it. This will give your baby practice in using her eyes to find things.
Sensory Activities Checklist

**Comfort**

- My baby is encouraged to try feeding herself (using fingers or spoon). This gives her needed practice as she explores the food she eats.
- I read books to my baby with bright colourful pages. This is a great opportunity for us to cuddle up and look at the pictures together.
- My baby and I enjoy quiet time where I can massage him and connect with him through touch.
- I talk to my baby and echo the sounds that she makes. This lets her know I am interested in what she’s saying as she learns to communicate.

**Play**

- I play different kinds of music and dance with my baby. We enjoy moving around together and listening to different music styles.
- My baby has a number of toys that make sounds such as rattles and squeak toys. She is able to explore sound qualities as she plays.
- I talk, sing and recite rhymes to my baby, using my voice in a variety of ways to engage him in listening to my voice.
- My baby enjoys peek-a-boo games where I hide behind my hands, a cloth or a toy. She can see for herself that I have not really disappeared!

**Teach**

- My baby and I enjoy outings together, to parks, shops, libraries and I talk to him about the different experiences we share together.
- I provide my baby with the opportunity to experience and compare different scents like lemon, vanilla and flowers.
- My baby and I enjoy outings together where she can use different senses to experience the world around her (e.g., grocery store, florist shop).
- I provide board books for my baby that include different fabrics so he can explore different textures like soft, rough, smooth and bumpy.
Playing and Learning with your Baby

In this package you will find:

1. Overview of Playing and Learning with Your Baby
2. Greeting Song
   Baby Mine, Where are You?
3. Finger Plays/Tickles/Bounces
   There Was a Little Mouse
   Round and Round the Haystack
   Hickory Dickory Dock
4. Activity
   Crib Exhibits
5. Movement and Relaxation
   Head and Shoulders
   Massage Your Baby - Back
6. Ten Play and Learning Activities to Do with Your Baby
7. CPT Play and Learning Checklist
Playing with your baby can create and support attachment, communication and caring that will last you and your child a lifetime. Play develops your baby’s physical, intellectual, emotional and social skills. From birth, babies are ready for some sort of play and use their senses to learn. Here are some **Comfort, Play & Teach** ideas that will encourage the development of your baby’s senses as you build your relationship.

### Comfort

- Nothing can substitute for the kind of interaction a baby receives when engaged in play with others. Even the youngest baby needs attention and physical contact. Baby’s love to be close to an adult, to hear their voice and see their face. During play time, give your baby the nurturing and affection he needs to grow and learn.

- Babies love the sound of a familiar voice and will find comfort in hearing you talk, sing, or recite nursery rhymes throughout the day. These kinds of simple interactions can be part of daily routines like feeding, diapering, bath time, play time and bed time. Your baby will enjoy listening to different melodies and rhymes as you use your voice in playful way.

### Play

- Babies are more interested in the human face than any other object. Spend time imitating your baby’s facial expressions. See if she tries to imitate yours. Make funny faces by sticking out your tongue, raising and lowering your eye brows, puffing up your cheeks. Develop your baby’s interest in her own face by showing her reflection in a mirror, and asking, “Who's that beautiful baby!”

- A variety of sounds will capture a baby’s interest. He will be stimulated by rattles, squeaky toys, music boxes, musical mobiles and other similar toys - even household sounds such as splashing water, bells or a blender will encourage a response from your baby. Talk to your baby about the sounds he makes with his toys (e.g., “I can hear you bang that pot with your hands!”).

### Teach

- As your baby lies on her back she will enjoy looking at interesting things. Create a mobile with vivid patterns in black and white or in strong primary colours that will attract her attention. Place pictures (e.g., of family members) in page protectors and tape them securely to the inside of the crib, so that your baby can enjoy looking at them. Change the pictures regularly to maintain baby’s interest.

- Let your infant manipulate sturdy board books and soft cloth or plastic books as you read to him. He will enjoy feeling the different textures with his fingers... and his mouth! You can point to the illustrations and name what you see in the picture. Sharing different kinds of books to your baby will introduce him to the world of reading.
**Baby Mine, Where Are You?**

**Words and Actions:**

*(Baby’s name), (baby’s name)*

(stand in front of baby)

*Where are you?*

(covers your eyes with your hands)

*There you are, there you are!*

(uncover your eyes, point and smile)

*How do you do?*

(give a gentle tickle if baby is comfortable with that, shake baby’s hand, or wave)

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**Developmental benefit to your baby**

- **Language:** to become familiar with the words, sounds and rhythm patterns of a simple song
- **Intellectual:** to learn to recognize and respond to his/her own name
- **Social:** to enjoy interacting with another person when being sung to
- **Emotional:** to enjoy receiving individualized attention
- **Physical:** to experience the sensation of gentle touch

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**Comfort**

Singing a greeting song enables each baby to receive special attention and to feel like a welcome member of the group.

**Play**

Singing provides babies with a joyful way to participate in activities and to interact with an adult in a playful way.

**Teach**

Songs that involve playing peek-a-boo help babies to understand that things have not disappeared, even if they can’t be completely seen.
There Was a Little Mouse

Words and Actions:

There was a little **mouse**

And he sat right there

(hold baby’s hand and tickle her palm)

When the **cat** said _____

(make an animal sound such as ‘meow’)

He ran right up the stairs!

(run fingers up baby’s arm and tickle them under the chin)

With each repetition of the rhyme substitute a different animal and its sound (e.g., dog, lion, frog, chicken, snake, monkey etc.).

Developmental benefit to your baby

- **Language:** to enjoy the musical quality of simple poems
- **Intellectual:** to be introduced to different animal sounds
- **Social:** to participate in a simple activity with another person
- **Emotional:** to enjoy receiving attention and affection through play
- **Physical:** to experience the sensation of gentle touch on hands and arms
Words and Actions:

Round and round the haystack
(hold baby’s hand and trace circles on his palm with your finger)

Went the little mouse

One step, two steps
(walk two fingers up baby’s arm)

Into his little house!
(tickle baby under the arm)

Talking to and tickling your baby are ways to communicate your affection to him. Watch how he responds as you spend time playing with him!

Use your voice expressively when saying this rhyme. Say the first two lines very slowly and the last line quickly, and in a high voice. This will engage baby’s attention.

Finger plays are a great way to introduce babies to new words and to help build their language and listening skills.

Developmental benefit to your baby

- **Language**: to learn new words while participating in a simple finger play
- **Intellectual**: to be introduced to the numbers one and two
- **Social**: to begin to engage in an activity with another person
- **Emotional**: to enjoy receiving attention and physical affection through play
- **Physical**: to experience the sensation of gentle touch on hands and arms
**Words and Actions:**

_**Hickory dickory dock**_

_The mouse ran up the clock_

_The clock struck one_

_The mouse ran down_

_**Hickory dickory dock.**_

Bounce your baby to the beat as you recite this familiar nursery rhyme. On the third line, stop bouncing. Run your fingers up baby’s arm to the top of his shoulder and then back down again. On the last line, continue bouncing baby on your knee.

**Developmental benefit to your baby**

- **Language:** to hear the rhythmic quality of spoken language
- **Intellectual:** to begin to notice words that rhyme
- **Social:** to begin to engage in an activity with another person
- **Emotional:** to enjoy receiving attention and physical affection through play
- **Physical:** to feel the beat of a rhyme through physical movement
What You Will Need:

- Pieces of white cardboard (both index card size and larger pieces)
- Wide black, red, and yellow markers, or any markers that will give you high contrast.
- Plastic page protectors
- Tape

How to do This Activity:

- Draw interesting patterns and smiley faces on the cardboard using the marker. The patterns can be checkerboards, spirals, faces, concentric circles, or zig zags.

- ALONG THE CRIB BARS: Place the pictures in page protectors and then tape them securely to the inside of the crib, so that your baby can see but not touch them. Babies like new stimulation. Change to new ones when your baby is ready for a change.

  CAUTION: Do not completely line your baby’s crib with pictures. It is important to keep an easy air flow through the crib.

- A MOBILE: Make small pictures and use them to create a mobile. Dangle the pictures above his crib so that he can see but not touch them. As they spin they will give your baby something interesting to look at.

  CAUTION: Mobiles should be removed from the crib when your baby is old enough to grab them.

Developmental benefit to your baby

- Language: to begin to hear news words like paint, paper, names of colours
- Intellectual: to explore the texture of paint using the sense of touch
- Social: to accept someone’s help while participating in a creative art activity
- Emotional: to feel pride in capabilities when learning a new skill
- Physical: to learn to use hands to explore materials and create images
Words and Actions:

Head and shoulders, knees and toes
Knees and toes, knees and toes!
Head and shoulders, knees and toes
Eyes, ears, mouth and nose!

As you sing, touch or point to the body parts named. You can also do the actions and encourage your baby to imitate you if he is capable.

Developmental benefit to your baby

- **Language**: to begin to follow directions in a simple action song
- **Intellectual**: to learn the names for different body parts
- **Social**: to enjoy joining another person in doing a fun activity
- **Emotional**: to feel pride in the ability to imitate actions
- **Physical**: to practice moving different body parts and discover how they work
Relaxation

Massage Your Baby - Back

What you will need:
- A warm room
- Sufficient time
- A quiet atmosphere with few distractions
- A soft towel

How to do This Activity:
- Fold a towel to create a thick mat for your baby to lie on, and place this on the floor.
- Lay your baby on her tummy, with her feet closest to you. Make sure you are comfortable, whether you kneel, sit with legs crossed or have your legs stretched out on either side of your baby. Talk to your baby, providing reassurance, as he won’t be able to see you in this position.
- Using long, gliding strokes, massage baby’s back with both fingers and hands, starting below the neck and moving towards the lower back. Shoulders can be massaged by placing one hand on each side of the neck, and stroking along the shoulders toward the arms.
- Make circles on your baby’s back by placing thumbs on either side of baby’s spine, just below the neck, and making outward circular movements with your thumbs, moving from the neck down the spine.
- If your baby is unaccustomed to being massaged, allow time for him to become comfortable with it. Over time, massage could become part of a regular routine of spending enjoyable and relaxing time together. Pay attention to his cues and signals, and discontinue if your baby communicates discomfort.

Developmental benefit to your baby
- **Language:** to enjoy being spoken to and learning new words
- **Intellectual:** to be introduced to the names of different body parts
- **Social:** to communicate needs to others in non-verbal ways
- **Emotional:** to develop intimacy with a parent and receive their full attention
- **Physical:** to experience self-awareness, muscle tone, joint flexibility

Being touched gently and spoken to in a loving manner makes a baby feel loved and valued and builds his self-esteem.

Smile at your baby, make eye-contact and imitate her vocalizations. This is an enjoyable way to interact with your baby and shows you enjoy her company.

Talk to your baby and tell him about his body, naming each part as you gently massage it (e.g., “I’m going to massage your little toes now”).
Words and Actions:

Good-bye, ________
   (Insert an individual’s name and wave to that person)

Good-bye, ________
   (Insert the next person’s name, and wave)

Good-bye, ________
   (Insert the next person’s name, and wave)

We’ll see you all next week

Repeat the song until you have said good-bye to each participant.

Conclude by singing Twinkle, Twinkle Little Star together (or any other simple and familiar lullaby), to bring the session to a quiet close.

Developmental benefit to your baby

- Language: to respond to their own name
- Intellectual: to engage in word play and action songs
- Social: to begin to develop respectful and polite communication skills
- Emotional: to learn to participate actively in learning tasks
- Physical: to develop and strengthen fine motor skills

Singing a gentle and quiet song is an enjoyable way for your baby to relax and spend time snuggling with an adult who loves him.

Simple songs can become part of any daily routine, like bathing, diapering and sleep time, making these fun times for bonding and playing together.

As babies listen to familiar songs they learn new words and begin to recognize the melody. Try to la-la the song or hum it and see how your baby reacts.
1. Play, and invite others to play peek-a-boo with your baby. Hide behind a toy, a cloth or your hands! She will love it when you reveal your face and call out “Peek-a-boo!” She will also begin to understand that you and others are still there even when she is not able to see you.

2. Offer your baby boxes or plastic containers of different sizes that he can try to stack or place one inside the other. This will encourage him explore size and to make discovering about how things fit together. Label the containers as big or small and describe their position with the words like top and bottom.

3. Do finger plays with your baby like Round and Round the Haystack. This will introduce the rhythm and music of language as you recite it, and provide physical contact as you gently tickle her. Rhymes can be recited during routines like bath time and diapering, providing an opportunity to play and bond with your baby.

4. Provide your baby with cause and effect toys that make noise or move and change when squeezed, shaken or rolled (e.g., a toy with wheels that can be pulled by a string). He will discover that he is able to make things happen, to cause things to change position, and to create interesting sounds.

5. Introduce make-believe toys such as dolls with accompanying props such as a small bottle, blanket, cradle or stroller. This will encourage your baby to explore recreating familiar actions she has experienced herself and to imitate important grown ups in her life.

6. Use soft building blocks to make a tower in a safe place on the floor. Show your baby how to pick up one block and place it on top of another. Count each block as you place another on the stack. As the tower gets built up and knocked down your baby will make discoveries about numbers, size and position.

7. Give your baby different objects to play with in the bath such as sponges, and different sized containers. During a routine like this, your baby can explore concepts like wet and dry, full and empty, heavy and light, learning many interesting things as he plays.

8. Encourage your baby to create music and dance with shakers, pots and pans. She will love making noise, hearing rhythm and moving her body in time to music. Play different kinds of music and dance around with your baby. This will introduce her to different musical styles and let her explore new ways of moving.

9. Play one-to-one games with a mirror that involve showing baby his eyes, nose and mouth. Name each parts of his face and describe your baby’s facial expression. Does he look happy, excited, curious or surprised?

10. Explore different kinds of books together such as plastic bath books, board books and cloth books. As your baby grasps and mouths these and explores how the pages move she will make her first discoveries about stories and reading.
My baby and I enjoy rhymes and finger plays together. She loves being talked to and touched gently.

I play peek-a-boo with my baby. He enjoys receiving the special attention he knows that I am still there even if he cannot see me.

My baby and I dance around together to music. It is a fun way for us to cuddle, share quality time and listen to our favourite songs.

I show my baby his reflection in the mirror, and tell him about the different parts of his face. It helps him discover he is a unique individual.

My baby plays with sponges, plastic containers and squeezable toys at bath time. He can explore concepts like wet and dry, full and empty.

I join in my baby’s play, encouraging her to dramatize her experiences using dolls and props.

My baby enjoys stacking soft blocks and knocking them down again. He can practice his grasping skills while learning about balance and position.

I provide my baby with cause and effect toys so she can make discoveries about sounds and movement as she makes things happen.

My baby and I sing songs together like Head and Shoulders. He can learn the names of his body parts as he imitates my actions.

I supply boxes and containers of different sizes so that my baby can practice skills like nesting and stacking.

My baby and I explore interesting textures by touching pieces of fabric or paper scraps. She is learning about what is soft, smooth, rough etc.

I provide plastic, cloth and board books that my baby can grasp and explore so he can begin to understand how to use books.
Physical Activities with Your Baby

In this package you will find:

1. Overview of Physical Activities with Your Baby
2. Greeting Song
   Baby Mine, Where Are You?
3. Finger Plays/Tickles/Bounces
   This Little Piggy
   To Market, To Market
   Ride a Pony into Town
4. Activity for Session Five
   Bubble Blowing
5. Movement and Relaxation
   Ring around the Rosy
   Massage Your Baby – Head and Face
6. Ten Physical Activities to Do with Your Baby
7. CPT Physical Activity Checklist
Physical Activities with Your Baby

Babies’ physical abilities begin to develop as soon as they are born. As they move, babies make discoveries about their bodies and about all they are able to do. As they gain greater control over their movements, babies become more able to explore their world and the things they find in it. Parents and other family members can encourage a baby’s physical development through simple Comfort, Play & Teach activities.

**Comfort**

- Touching and cuddling your baby is a way to bond with him and to help him develop trust. Consider massaging your baby. Among other things, massage is relaxing, promotes communication and stimulates your baby’s muscles and circulation. Creating quiet time for touching, holding and massaging your baby sends him the message that you love him.

- Praise and encourage your baby as she attempts to learn each new skill. Whether raising her head, rolling over, sitting independently, pulling to a standing position, or taking her first tentative steps you can be there to help, to provide attention and to let her know how proud you are of all she is learning to do. Your support will encourage her to keep practicing her developing skills.

**Play**

- Enjoy games with your baby like Head and Shoulders. Such simple action songs encourage your baby to enjoy music, movement and singing. You can sing the words and point to each body part, or when your baby is ready, you can sing the songs and do the accompanying actions for him to imitate. Through a fun game, your baby can learn to name body parts and how to move them.

- Explore a variety of activities together that encourage the use of her small muscles. Breaking bubbles, playing pat-a-cake, placing pegs in peg boards and even holding simple objects like bowls, pot holders or spoons allows her to exercise the muscles in her fingers and hands. By reaching for and grasping things and passing them from hand to hand she practices important skills.

**Teach**

- Talk to your baby about different physical actions that you are doing or that you see him doing. Name different body parts as well. For example, tell your baby you see him kicking with his legs. Explain that you are reaching up with your arms. This helps your baby to develop important language skills and teaches him different words that he will one day use to describe his own actions.

- Provide different learning materials and toys that promote physical movement. Include wheeled toys that can be rolled using hands, pulled by a string or pushed when walking. Create a simple obstacle course so your baby can crawl under, climb over or walk around different objects. Place a toy slightly out of reach so baby needs to move in order to get it. Your baby will learn a lot through movement.
**Greeting Song**

**Baby Mine, Where Are You?**

**Words and Actions:**

(Baby’s name), (baby’s name)

(stand in front of baby)

*Where are you?*

(covers your eyes with your hands)

*There you are, there you are!*

(uncover your eyes, point and smile)

*How do you do?*

(give a gentle tickle if baby is comfortable with that, shake baby’s hand, or wave)

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**Developmental benefit to your baby**

- **Language:** to become familiar with the words, sounds and rhythm patterns of a simple song
- **Intellectual:** to learn to recognize and respond to his/her own name
- **Social:** to enjoy interacting with another person when being sung to
- **Emotional:** to enjoy receiving individualized attention
- **Physical:** to experience the sensation of gentle touch

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**Comfort**

Singing a greeting song enables each baby to receive special attention and to feel like a welcome member of the group.

**Play**

Singing provides babies with a joyful way to participate in activities and to interact with an adult in a playful way.

**Teach**

Songs that involve playing peek-a-boo help babies to understand that things have not disappeared, even if they can’t be completely seen.
Words and Actions:

This little piggy went to market
This little piggy stayed home
This little piggy ate cookies
This little piggy had none.
But this little piggy cried
“Wee, wee, wee” all the way home.

Gently grasp and wiggle each of baby’s fingers or toes beginning with the little one and working toward the thumb. On the last line, run your fingers up baby’s arm and give a tickle under the arm or chin, or behind the ear.

Developmental benefit to your baby

- **Language:** to begin hearing the rhythmic quality of spoken rhymes
- **Intellectual:** to be introduced to pretend play when fingers are being called piggies
- **Social:** to interact with another person while playing a simple game
- **Emotional:** to enjoy receiving attention when being spoken to and touched
- **Physical:** to feel tactile stimulation when fingers or toes are wiggled
Words and Actions:

To market, to market to buy a fat pig
Home again, home again, jiggety-jig
To market, to market to buy a fat hog,
Home again, home again jiggety-jog
To market, to market to buy a plum bun
Home again, home again, market is done!

Seat baby on your lap. He can be facing you or facing away. Hold baby securely at the waist and bounce him to the beat as you say the words to the rhyme.

Developmental benefit to your baby

- **Language**: to begin listening to words that rhyme
- **Intellectual**: to be introduced to pretend play while going for a horsey ride
- **Social**: to share in playing a simple game with another person
- **Emotional**: to enjoy receiving attention through a playful interaction
- **Physical**: to feel the beat of a nursery rhyme through movement
Words and Actions:

*Ride a pony into town*
*You’d better be careful*
*or you might fall down!*

Place baby on your knee either looking at you or facing away. Holding him securely around the waist and bounce him to the beat until the last word. You can lean baby backwards, providing proper support, or carefully lower him to the ground. Return baby to your lap and repeat the game.

**Developmental benefit to your baby**

- **Language:** to hear the rhythm of language in nursery rhymes
- **Intellectual:** to be introduced to different positions like up and down
- **Social:** to enjoy interacting with another person through a simple game
- **Emotional:** to feel joy when responding to music and movement
- **Physical:** to physically feel the beat of a rhyme through bouncing

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**Comfort**

Baby will feel secure in your arms as you bounce her on your knee and share this fun rhyme with her.

**Play**

Pretending to take baby on a horsy ride introduces him to imaginative play and encourages the development of his creativity.

**Teach**

As baby is bounced to the beat, she will begin to understand the concepts of up and down through her physical movements.
Activity
Bubble Blowing

What You Will Need:
- Bubble blowing solution
- Bubble blowing wand
- Space indoors or outside

How to do This Activity:
- Tell baby that you are dipping the wand in the solution and making big, shiny, round bubbles.
- Stand up and blow the bubbles so they float down around baby.
- Blow them up into the air. Wave the wand back and forth.
- As the bubbles float around, show your baby how you reach for them and try to grasp them with your hand or poke them with your finger.

Developmental benefit to your baby
- **Language:** to listen to spoken words and ‘converse’ with another person
- **Intellectual:** to begin to observe shapes and sizes (e.g., circle, big, small)
- **Social:** to enjoy participating in an activity with another person
- **Emotional:** to experience curiosity and wonder about an event
- **Physical:** to use different motor skills like poking, waving, grasping, pointing

Comment on what you see baby doing. If she pops a bubble, say, “Where did the bubble go? It’s gone!” She will love the attention as you play together.

Demonstrate different ways for baby to play with the bubbles. Poke them with your finger, swat at them with your hands, blow at them. She will learn new ways to play as she watches you!

As you blow bubbles with baby, talk about what you are doing. Introduce words like bubble, round, wand, float and pop to help her build her language skills.
Words and Actions:

Verse One
Ring around the rosy
(Hold baby in your arms and either walk in a circle or spin around together)

A pocket full of posies
Hush-a, hush-a
We all fall down!
(Crouch to the ground)

Verse Two
The cows are in the meadow
(Crouch or sit down, pretending to pick and eat flowers)
Eating butter cups
Hush-a, hush-a
We all jump up!
(Return to standing, and repeat the game)

Developmental benefit to your baby
- **Language**: to begin to participate in a simple singing game
- **Intellectual**: to discover concepts about position like up, down, around
- **Social**: to be introduced to co-operative play with a partner
- **Emotional**: to respond to movement and music with joy
- **Physical**: to experience space and body awareness during activities

Playing this singing game with you will let baby know how much you enjoy spending time with him.

Baby will love being turned around and lifted up and down. She can see the world from different positions as she plays this game with you.

Repeating this singing game introduces baby to concepts like around, up and down through physical actions.
**Relaxation**

**Massage Your Baby - Head and Face**

**What you will need:**
- A warm room
- Sufficient time
- A quiet atmosphere with few distractions
- A soft towel

**How to do This Activity:**
- Fold a towel to create a thick mat for your baby to lie on, and place this on the floor.
- Lay your baby on her back, with her feet closest to you. Make sure you are comfortable, whether you kneel, sit with legs crossed or have your legs stretched out on either side of your baby.
- Use only light strokes, you can stroke baby’s head, moving backwards over the crown of the head toward the base of the skull, or the jaw, moving hands towards each other from the ears to the chin.
- You can stroke the upper and lower cheek bones, placing your thumbs on either side of baby’s nose, moving them downward and outward from the cheek bones to the side of the face.
- If your baby is unaccustomed to being massaged, allow time for him to become comfortable with it. Over time, massage could become part of a regular routine of spending enjoyable and relaxing time together. Pay attention to his cues and signals, and discontinue if your baby communicates discomfort.

**Developmental benefit to your baby**
- **Language:** to enjoy being spoken to and learning new words
- **Intellectual:** to be introduced to the names of different body parts
- **Social:** to communicate needs to others in non-verbal ways
- **Emotional:** to develop intimacy with a parent and receive their full attention
- **Physical:** to experience self-awareness, muscle tone, joint flexibility

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**Comfort**

Being touched gently and spoken to in a loving manner makes a baby feel loved and valued and builds his self-esteem.

**Play**

Smile at your baby, make eye-contact and imitate her vocalizations. This is an enjoyable way to interact with your baby and shows you enjoy her company.

**Teach**

Talk to your baby and tell him about his body, naming each part as you gently massage it (e.g., “I’m going to massage your little toes now”).

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**Visit [www.IMHPromotion.co](http://www.IMHPromotion.co) for more great activities and resources**

Created by experts through Invest In Kids and hosted by Phoenix Centre for Children & Families and IMHP
Words and Actions:

Good-bye, ________
   (Insert an individual’s name and wave to that person)

Good-bye, ________
   (Insert the next person’s name, and wave)

Good-bye, ________
   (Insert the next person’s name, and wave)

We’ll see you all next week

Repeat the song until you have said good-bye to each participant.

Conclude by singing Twinkle, Twinkle Little Star together (or any other simple and familiar lullaby), to bring the session to a quiet close.

Developmental benefit to your baby

- **Language**: to respond to their own name
- **Intellectual**: to engage in word play and action songs
- **Social**: to begin to develop respectful and polite communication skills
- **Emotional**: to learn to participate actively in learning tasks
- **Physical**: to develop and strengthen fine motor skills

Comfort

Singing a gentle and quiet song is an enjoyable way for your baby to relax and spend time snuggling with an adult who loves him.

Play

Simple songs can become part of any daily routine, like bathing, diapering and sleep time, making these fun times for bonding and playing together.

Teach

As babies listen to familiar songs they learn new words and begin to recognize the melody. Try to la-la the song or hum it and see how your baby reacts.
10 Physical Activities to Do with Your Baby

1. Provide toys that allow your baby to practice grasping, reaching and hitting. Placing a small rattle in baby’s hand will encourage him to grasp and let go. Select activity centres with interesting and visually appealing parts that baby will want to reach for or swat with his hand.

2. Place a blanket or a pad on the floor to create a safe play area where baby can move and explore. Place one or two toys within baby’s reach, for example, a rattle or a rolling musical toy. This will encourage her to reach for, grasp, touch and explore things around her which are safe.

3. Bath time provides a good opportunity for your baby to play with simple toys, and to move his body. A plastic boat or rubber duck will encourage your baby to develop eye-hand co-ordination as he plays. Gently bending and straightening baby’s limbs will relax, stretch and strengthen his muscles.

4. Play simple games with your baby like peek-a-boo. Cover your face with your hands, and say “Peek-a-boo!” when you open your hands. You can move from one side of your baby to the other so that baby will turn her head to locate your position. Add interest to the game by hiding behind a cloth, a toy or even a door.

5. Do finger and toe plays like This Little Piggy. They are a wonderful way to introduce your baby to the world of nursery rhymes as he enjoys the sensation of being tickled and gains greater awareness of his hands and feet. He will love discovering that his body is something that can be part of playful interactions with you!

6. Create a simple obstacle course once your baby begins crawling, and help to lead the way as she crawls around a chair, through a cardboard box tunnel, or over a big cushion. Describe what your baby is doing so she learns the words for different positions such as over, under, through, and around.

7. Support your baby’s efforts to stand up. You can begin by supporting him under his arms, gradually holding both his hands and then holding only one as he gains balance and confidence. Provide stable surfaces that your baby can use to pull himself to standing position, giving help when needed and lots of praise!

8. Try massaging your baby. This can be very relaxing, and it promotes communication and also stimulates your baby’s muscles and circulation. Creating quiet time for touching and massaging your baby allows you to bond with her.

9. Provide opportunities for your baby to do activities with his hands, such as feeding himself, stacking blocks or rolling a ball. Also ensure that he practices squeezing and releasing things like a bean bag, a rubber ball or crumpled paper. This strengthens his manipulative skills.

10. Play movement games with your baby like Head and Shoulders. Simple action songs encourage your baby to enjoy music and movement. Sing the words and point to each body part, or when your baby is ready, you can sing and do the accompanying actions for him to imitate. He will learn about his body parts and how to move them.
I touch and cuddle my baby to bond and connect with him and to help him develop trust in me.

My baby and I enjoy simple finger and toe plays at diaper time and bath time. She loves the attention when I tickle her.

I praise and encourage my baby as he attempts to learn each new skill. This lets him know how proud I am of all he is learning to do.

My baby and I spend time together doing simple exercise that help us relax, stretch and strengthen our muscles.

I play games with my baby like *pat-a-cake* and *peek-a-boo*. This encourages her to move her head and hands as she plays.

My baby has different learning materials like wheeled toys that can be rolled using hands, pulled by a string or pushed when walking.

I play music and dance with my baby and hold her hands when she bounces and responds to the music.

My baby has a number of interesting objects to reach for and grasp such as a ball, soft toy or rattle.

My baby and I play simple games like *Head and Shoulders*. He can explore different movements while learning words for his body parts.

I support my baby’s efforts to stand up, either holding her hands or providing a stable surface she can use to raise herself.

My baby has lots of opportunities to explore with his hands. He builds skills by reaching for, grasping and squeezing things.

I talk to my baby about different physical actions that I am doing or that I see him doing, so he begins to understand how his body works.