



Have Fun!

Playing, reading and talking to your baby are great ways to help him learn and have fun.

Tell me and I may remember

Show me and I may understand

Involve me and I may master



Playing, Reading & Talking



- ✿ Keep her talking – soon you may hear her say some real words.
- ✿ Play a naming game by pointing at things and telling her what they are.
- ✿ Respond to her babble and add words in like “mama” and “dada” to help her learn them.
- ✿ Let your baby choose a book to read – she may have favourite ones.

A Clapping Game

Teach your baby this clapping game. As you say the words, clap your hands together and then pat your hands against his in time to the words.

Patty cake, patty cake, baker's man,
Bake me a cake as fast as you can
Pat it and prick it and mark it with a B,
Put it in the oven for baby and me!



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Healthy Choices  for Healthy Babies



Play. Read. Talk. Three ways to help your baby learn.

Your baby will learn a lot just by watching what you do. And you can help him learn by playing games, reading books and talking with him.

Play

It's easy to turn things into a game. You can play peek-a-boo or make a game out of counting his toes! As he gets older, you can play clapping games, hiding games and more.

Read

Reading to your baby will help her learn to recognize objects, learn what they are called and develop a love of books. Reading to her before bedtime is a great way to spend some quiet time together.

Talk

Talking to your baby will help him learn how to communicate. When he makes a sound, repeat it back to him – he'll be delighted! The more you talk with your baby, the more he will try to respond, just like you are having a conversation.

At Four Months

Your baby is trying to explore her world. She will do this by looking at things, touching things, tasting things, smelling things and listening to the sounds things make.

- ✿ She will put everything in her mouth – toys, her blanket, her fingers – everything!
- ✿ Your baby will play with her hands and feet.
- ✿ She will recognize her mommy and daddy – and give you a big smile!
- ✿ Your baby will love to watch and listen to you talk.
- ✿ She will also like toys that make sounds, like a rattle or a bell.

Peek-a-Boo

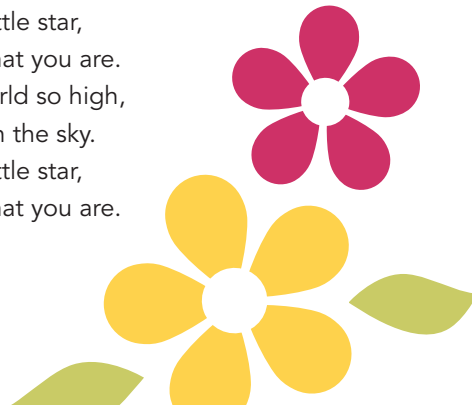
At four months, if your baby can't see something, she doesn't know it's still there. That's why most babies love playing peek-a-boo.

1. Hide your face behind your hands and ask, "Where's Mommy?"
2. Move your hands to show your face and say, "Peek-a-boo!"

Twinkle Twinkle Little Star

Your baby likes to hear your voice. Read or sing this nursery rhyme to him.

Twinkle twinkle little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle twinkle little star,
How I wonder what you are.



At Eight Months

Your baby is exploring even more! Be sure to let him see things from different positions (in his high chair, on the floor, in his crib or playpen) so he can learn more about them.

- ✿ Keep on playing peek-a-boo!
- ✿ He will look for a toy that is out of sight (under a blanket or a cup) and be very proud when he finds it.
- ✿ Your baby will love to touch things and shake them and bang them together.
- ✿ He will love to babble – repeat his sounds back to him and see him smile!
- ✿ Your baby will remember certain songs and be happy to hear you sing them.



A Song to Sing

Your baby will like songs that have movements to do along with the words. He may try to copy what you do while you sing this song.

I'm a little teapot, short and stout,
Here is my handle, here is my spout,

When I get all steamed up, hear me shout,
Tip me over and pour me out!

At Twelve Months

Your baby is moving around – crawling, walking by holding on to furniture or maybe even trying to walk on her own. It may be hard for you to keep up!