

# Communication

## Activities to Help Your Baby Grow and Learn



Your baby now has many different sounds and a lot to say. She likes to play with sounds, such as “ba ba ba,” and is learning that some sounds mean special people, such as “dada” and “papa.” She understands some words and directions now and will soon say the names of familiar people or things.

### Following Directions

Help your baby learn to listen and follow simple directions. Try simple directions, such as “Show me Grandma,” “Wash your tummy,” or “Hold the diaper.” When baby responds or follows the direction, be sure to let him know you notice: “Oh, there’s Grandma” or “Thank you for holding the diaper.”

### Grocery Time Is Learning Time

When you go to the food market, talk to baby about what she is seeing. Let her hold a small box or a piece of fruit. Point out signs in the store and read them to your baby: “That sign says apples. Let’s get some nice red apples.”

### The Phone Game

Talk to your baby on a play phone or an old cell phone. Be sure to remove the battery before giving it to baby. When there are two phones, you can both “talk,” even though baby may only make her baby sounds or pretend to listen. Your baby will have fun carrying on a conversation just like big people.

### Sleep Waltz

At naptime or bedtime, hold your baby close and dance together to some quiet music. Your baby has probably spent a lot of time exploring during the day. Now she needs some cuddling. This communicates to baby a feeling of closeness and intimacy.

### Just My Voice

When baby is awake and alert, turn off the television and other household sounds so that he only hears your voice. This helps baby hear the sounds of words more clearly. Hum and sing just for baby’s pleasure. Ask baby, “Can you hear a bird? Can you hear the rain?”

### Baby Babble Game

When your baby makes a sound, such as “ba,” repeat the sound back: “Ba ba ba.” Your baby will enjoy playing with sounds and making conversation.

### Applause, Applause

When baby does something new or fun, give baby a hand. Clap and say, “Yeah!” Baby will love the attention and may start to clap, too!

### Reading Fun

Read to your baby every day. Cuddle up, get close, and make this a special time together. Point to pictures in books or ask her to find something: “Where’s the kitty? Where are baby’s socks?”

Notes:



**Don't Forget!** Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.