10 Tips to Help Your Baby Grow & Learn

1. When baby is awake, place baby in a different position, on his/her stomach, back or side. This will allow your baby to move arms and legs from different positions.

2. Place baby facing you so baby can watch facial expressions (big smile, stick tongue out, raise eyebrows, widen eyes, puff cheeks). Give baby a turn to make faces. Do what baby does.

3. Play voice games. Talk with a high or low voice. Click your tongue. Whisper. Take turns with baby. Repeat any sounds the baby makes.

4. Hold up a rattle or safe toy for your baby to reach for. Let baby be successful by slowly moving the toy to his/her fingers.

5. Gently bounce baby to the rhythm of a nursery rhyme. Sing and rock with the rhythm. Help baby bring his/her hands together to "clap" with the rhythm. Move around and slowly "dance" with the baby.

6. Help baby to watch everyday activities. Tell baby what you are doing. Let baby see, hear and touch common objects. You can give the baby attention while you are getting things done.

7. Play "peek-a-boo" with your baby. Use hands, cloth, or cloth diaper. Put over your face first, remove and say "boo." Then cover the baby's head. Help baby when needed. Take turns.

8. With baby cuddled on your lap, read a book with simple, clear, colored pictures so both of you can see. Talk about what you see as you point to the pictures.

9. Help baby notice sounds around the house, by talking about them like, "I hear the telephone ringing," or "I hear your brother calling."

10. Respond right away when baby cries. It's his/her way of telling you something important.